

Allergy Testing – Patient Preparation



VALLEY ENT
EAR, NOSE, THROAT & ALLERGY

MQT Testing includes skin prick and intradermal needle testing on the arms or back. We are testing for 40 different environmental allergens, including pet dander, trees, grasses, weeds, mold, and fungi.

Patient Preparation for Allergy Testing – 1 Week PRIOR

- **DO NOT** take any OTC cough and cold medicines, cough drops or any Antihistamines for **1 week prior to testing**. Failing to do this can result in inaccurate testing results.

These are a few medications that can interfere with testing: Zyrtec (Cetirizine), Benadryl, Claritin (Loratadine), Pepcid (Famotidine), Xyzal, Alka seltzer plus, Allegra, Tylenol PM, Excedrin PM. Eye drops, including Optivar, Patanase, Pataday, Patanol.

- DO NOT take any of the medications listed above for 1 week prior to testing.
- Stop Azelastine 2 days prior to testing. Flonase is fine to continue.

If you are unsure about a medication, please feel free to contact the Allergy Department:

- Email: allergy@valleyent.co
- Phone: 559-409-4720 X 2200

Patient Preparation for Allergy Testing – Day Of

- Avoid any perfumes, body sprays, or lotions day of testing. Deodorant is fine.
- Avoid strenuous activity 2 hours before and after testing.
- Please wear a short sleeve shirt as the testing will be done on your forearms and upper arms.
- Please eat a good meal; testing takes approximately 1 hour.
- Be in good health; if you are sick and/or feverish, please inform us, and we will be happy to reschedule.

If your child is 10 years and younger, a Lidocaine cream will be sent to your pharmacy.

Directions: Apply generously to entire back (use the whole tube) 1 hour prior to testing and wrap with Saran Wrap. Please crisscross the Saran wrap over the shoulders to ensure the wrap is covering the entire back; the wrap will be removed by our Allergy technicians.