

## TEST ROOM INSTRUCTIONS

1. All antihistamines **MUST** be discontinued 48 hours prior to testing. Other medicines should be discussed with Dr. Sultan. **Bring to the office all the medications that you are taking now when you come for your testing.**

Certain long-acting antihistamines require discontinuation for a longer period of time. If you are on Sudafed it should be discontinued for 48 hours prior to testing. For Benadryl, you should be off it for 72 hours; and if you are on Atarax (hydroxyzine or Vistaril) or Zyrtec (cetirizine), you should be off it for 5 days. For newer antihistamines like Claritin (Loratadine), Claritin D, Clarinex (desloratadine), Allegra (fexofenadine) and Allegra-D, you should be off for one week before testing can be done.

If you are on nerve, pain or sleeping pills, you should be off of them for 24 - 48 hours before testing.

**All H-2 blocker antacids** **MUST** be discontinued for 48 hours. Common H-2 blockers include:

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| * Axid (Nizatidine)<br>(Famotidine) | * Pepcid              |
| * Tagamet (Cimetidine)              | * Zantac (Ranitidine) |

**All Proton Pump Inhibitors** **MUST** be discontinued for 48 hours. Common ppis include:

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| * Aciphex (Rabeprazole)<br>* Nexium (Esomeprazole)<br>* Prilosec (Omeprazole)<br>* Prevacid (lansoprazole)<br>* Protonix (pantoprazole)<br>* Dexilant (Dexlansoprazole) | * Lansoprazole<br><br>* Pantoprazole<br><br>* Zegerid (Omeprazole) |
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2. You should allow at least 2 hours for the testing.
3. There is absolutely **NO SMOKING allowed** in any area of the office, including the bathrooms.
4. Please **DO NOT** wear scented cosmetics when coming to the office. This includes perfumes, hair sprays, colognes, deodorants, after shave lotions, highly scented soaps, powders, sachets and other scented lotions. You cannot be sent to the testing room if you are wearing scented cosmetics.

### **WE ASK THAT YOU OBSERVE THE FOLLOWING:**

- If a child is being tested, only one adult should accompany him or her.
- If an adult is being tested, only that person will be allowed in the testing room.
- Please wear short sleeves or a sleeveless shirt or blouse when coming for your testing.
- Testing will only be done at designated times. You may have a minimum wait of 15 minutes in the reception room.
- If you are unable to keep your appointment, please notify the office at least 24 hours prior to the appointment time.

Please feel free to call my office at any time regarding your tests and treatment.

Thank you for your kind cooperation,

Dr. Tipu Sultan and Staff