

*NY* Center For  
Ear, Nose Throat, Sinus & Allergy, LLP

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SINUS & ALLERGY  
FACIAL PLASTIC SURGERY  
HEARING & BALANCE DISORDERS  
SNORING & SLEEP APNEA  
HEAD & NECK SURGERY

## INSTRUCTIONS FOR ALLERGY TEST

Please follow these instructions prior to your Allergy Test.

- 1. All Antihistamine Medications should be stopped 7 days prior to your Allergy Test.** These include Allegra, Benadryl, Claritin, Zyrtec, Tylenol Cold & Sinus, Clortrimeton, most over-the-counter cold remedies, Astelin nasal spray, Patanase, etc.  
**Ask regarding any medication of which you are unsure.**  
All other medications can be safely continued.
- 2. If you have a cold, fever, flu-type symptoms, asthma exacerbation, or significant hay fever symptoms, your Allergy Test should be rescheduled.**
3. No changes in your diet are necessary before the test.
- 4. Be sure to wear a short-sleeve or sleeveless shirt for testing. Bring something to read since reaction times vary.** Testing may take up to 40 minutes.

Our Allergy Department is open every day for your convenience.  
Thank You!!

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