



DO'S & DONT'S BEFORE ALLERGY TESTING

- Please allow for at least 1 hour in your schedule when you come in for allergy scratch testing.
- Eat a full meal and stay hydrated before your allergy test. Feel free to bring a bottle of water or something to drink with you to your appointment.
- If your health plan requires a co-pay it will be collected upon check-in.
- Prior to your appointment, if you are running a fever, have had a recent asthma attack or are put on antibiotics, please call the office to reschedule your testing appointment.
- Do not expose your back and upper arms to the sun for 7 days before your scheduled skin test.

7 Days prior to your allergy test please discontinue the following medications:

- Allegra (D), Claritin (D), Clarinex, Zyrtec, Astelin, Astepro, Patanase, Tavist I/II, and/or Xyzal (including any generic forms). Please avoid eye drops such as Zaditor, Pataday or Pazeo.

3 Days prior to your allergy test please discontinue the following medications:

- Benadryl, Dimetapp, Excedrin PM, Tylenol PM, Phenergan, Pepcid, Zantac, Dramamine, sleep aids and/or any other OTC cold/sinus allergy medications.

*Please be advised: due to time constraints, a 24-hour notice is required for any cancellations. After 2 cancelled or missed appointments, you will not be rescheduled.

** If you have any questions prior to your allergy scratch test, please contact Melbourne Allergy & Asthma at (321) 985-4200 and ask to speak with your provider or the Clinical Allergy Specialist on site.