

From the Desk of Dr McGuckin
Test Preparation Instructions for the Delayed Onset Allergy Testing

IF YOU DO NOT FOLLOW THESE INSTRUCTIONS, YOUR BLOOD CANNOT BE PROCESSED

FOUR (4) DAYS PRIOR TO THE TEST

* Stop steroids and cortisone pills and creams. Nasonex, Symbicort, Enbrel (etanerecept), Humira (adalimumab), Remicade (infiximab), and other TNF inhibitors.

* There is a two week wait after an injection of cortisone. Theophylline can interfere with the test.

NOTE: Ask if you have a problem with any of the above medications and we will give you information on how the Steroid Bridge will assist you with the four day avoidance.

TWO (2) DAYS (48 HOURS) PRIOR TO THE TEST

Stop taking all over the counter antihistamines, antihistamine - contains prescriptions, and aspirin (cetyl-salicylate) containing compounds such as: (See your doctor or pharmacist to review your medications' aspirin content.)

Afrin Nasal spray Alka Seltzer Arthritis Pain Formula Bayer Bufferin Ecotrin Empirin Encaprin
Equagesic Excedrin Fiogestic Measurin Midol Momentum MonoGesic Pentasa
Percodan Sine Off Synlagos-DC Talwin Compound Triacimicin Vanquish

Sleeping aides in general have to stop for two days.

Standard shampoo has a salicylate (aspirin) in the ingredients. Do not use regular shampoo as it may contain sodium salicylate or a similar compound.

Creams and lotions as well have to be avoided for two days. NO nuts for two days.

If something needs to be on the skin use olive oil with water as a solution.

DO WASH WITH ORGANIC SHAMPOO AND OR JOHNSON'S BABY SHAMPOO.

12 HOURS PRIOR TO THE TEST

Stop taking the following items: Naltrexone, Meloxicam, Nexium, Xopenex inhaler.

Stop vitamins and medications other than what is listed below.

From your evening meal until the test the following morning, brush your teeth with water only. (NO toothpaste).

No smoking and avoid other people's smoking.

No beauty products. (Make up or moisturizers)

This is a fasting blood test. After your evening meal nothing but water.

THE EVENING BEFORE A MORNING BLOOD DRAW

Take a shower or bath around 8:00 p.m. the evening before. Use regular soap and do wash your hair with the organic or baby shampoo. No deodorants or moisturizers. No toothpaste. Brush teeth with water only.

THE MORNING OF THE BLOOD DRAW

Do not take another shower or use any beauty products or toiletries until after the test.

Do not eat breakfast or take any medications or vitamins prior to the test.

Do drink water as this helps with the veins for drawing blood.

DURING THE 12 HOUR FAST, YOU MAY TAKE THE FOLLOWING MEDICATIONS

Anticonvulsants	Birth control pills / estrogen	Blood pressure medications or water pills
Insulin or Thyroid	Heart medications, except quinidine	Coumadin (blood thinner) Zovirax (acyclovir)
Advil	Motrin	Tylenol