

Test Preparation Instructions for the ELISA/ACT® Delayed Onset Allergy Test

4 Days Before Blood Draw

Speak to the doctor before stopping medications you have been prescribed. Steroid injections require a two week wait.

Stop taking steroids and cortisone inhalers, pills, and creams.

Stop taking Enbrel (etanercept), Humor (adalimumab), Remicade (infliximab), and TNF inhibitors.

Stop taking Xeljanz (tofacitinib) and other IAK inhibitors.

2 Days Before Blood Draw

Stop Theophylline (aminophylline).

No Sleeping aides.

No Nuts or CBD oil.

Stop over-the-counter and prescription antihistamines.

Stop any aspirin containing products (acetyl salicylate). Pain products have aspirin.

Stop standard shampoo as they contain sodium salicylate, an aspirin derivative, called salicylic acid.

You can take Advil or Tylenol up to the evening before the blood draw. You can use organic or Johnson's® Baby shampoo during the two days prior to the test.

Evening Before (or 12+ hours prior to) Blood Draw

STOP any non steroid inhalers such as Albuterol and Xopenex.

STOP Naltrexone, Meloxicam, and Nexium.

Do Not eat or drink anything except bottled spring or distilled water.

Do Not take vitamins or medications except from the list below.

DO NOT:	DO:
Do Not use any deodorant, body lotions, creams, saline solution, scented hand soap, lip balm, hair products, makeup or other beauty products.	DO: It is very important to take a bath/shower using regular soap for your body, and organic or Johnson's® Baby shampoo for your hair. We need all chemicals removed for accurate testing.
Do Not use toothpaste. Use water only to brush your teeth.	Drink plenty of spring or distilled water as this helps with the blood draw.
Do Not smoke or expose yourself to second hand smoke.	Complete the Health Assessment Questionnaire.
	Medications permitted that evening: Birth Control Pills / estrogens, Insulin or other hormones such as thyroid. Heart medications, EXCEPT quinidine. Zovirax (acyclovir), Blood pressure medications or water pills. Anticonvulsants, Coumadin (blood thinners), Advil, Motrin, Tylenol, and other NSAIDS - NO ASPIRIN

Day of the Blood Draw

DO NOT:	DO:
Do Not Shower or use any beauty products or toiletries.	DO: Drink plenty of bottled spring or distilled water to help the blood draw.
Do Not eat breakfast. This is a 12 hour fast test.	
Do Not take any medications or supplements on waking.	
Do Not brush your teeth.	