



Allergy Testing Instructions

You have scheduled an appointment for allergy testing in our office. Please read the following instructions prior to your appointment. After the appointment you can commence taking your medications. Your appointment will take approximately 30 minutes

- Do not use any antihistamines **3** days prior to your appointment such as the following:

Benadryl, Diphenhydramine, Claritin, Clarinex, Loratadine, Zyrtec, Cetirizine, Allegra, Fexofenadine, Atarax, Hydroxyzine, Astelin, Astepro

- No lotions are to be used the day of the appointment, specifically on your back
- We will not do an allergy skin test if you are pregnant or taking a beta-blocker medication. However, in that case a blood test is available to detect allergies

Ultrasound Preparation Instructions

Abdominal Ultrasound – No food or drink except medications and sips of water 8 hours prior to exam. No coffee. If patient must eat something, a small serving of fruit or 1 piece of DRY toast before 8:00 a.m. will be permitted. If the patient has eaten or drank too much water the appointment will need to be rescheduled.

Pelvic and Renal Ultrasounds – Patient needs to drink 32 ounces of water 1 hour prior to the exam. DO NOT empty bladder. The bladder needs to be full to see the entire organ.

Abdominal / Pelvic Combination – No food or drink except medications and sips of water 8 hours prior to exam. No coffee. If patient must eat something, a small serving of fruit or 1 piece of DRY toast before 8:00 a.m. will be permitted. Patient will then need to drink 32 ounces of water 1 hour prior to the exam. DO NOT empty bladder. Once the pelvic ultrasound is completed you will void your bladder and then the abdominal ultrasound will be completed.

Cardiology & Vascular Ultrasounds – No special preparation needed.

***Patient should continue to take any medications according to your doctor's prescription.

Test Date: _____ **Test Time:** _____