

**Eastern Carolina ENT Associates, PA  
(919) 934-0948**

**INSTRUCTIONS FOR ALLERGY CONFIRMATION**

**Five days prior to your allergy test DO NOT TAKE:**

Antihistamines  
Nose Spray

**You may take medications such as:**

Aspirin  
Excedrin  
Tylenol  
Birth Control Pills  
Hormones  
Fluid Pills  
Plain Decongestants (with no added antihistamines, such as plain Sudafed)  
Fiorinal

**NOTIFY OUR OFFICE BEFORE TESTING IF YOU ARE CURRENTLY TAKING  
HEART OR BLOOD PRESSURE MEDICATIONS CONTAINING BETA BLOCKERS.**

The test will take 1 hour. Please wear something short sleeved or sleeveless. If it is necessary to cancel your test, please notify us 24 hours prior to your appointment.  
**PLEASE DO NOT WEAR ANY PERFUMES OR COLOGNES IN THE OFFICE.**

If you have any questions, please feel free to contact our Allergy Lab at (919)934-0948.