



1325 36th Street,
Suite A
Vero Beach, FL
32960

ALLERGY TESTING INSTRUCTIONS

- **Wear a short sleeve shirt the day of testing. A tank top or something similar is good.**
- **Please read medication sheet attached and note medications that you should not take before testing and how many days prior to discontinue use.**
- **Check the list of blood pressure medicines to verify yours does not contain a BETA BLOCKER.**
- **Please let us know if you have a latex allergy, history of asthma or if you are allergic to penicillin.**

MEN:

****We will be using your upper arms for testing. If you have excessive arm hair, please shave.**

****No cologne the day of testing.**

WOMEN:

**** No perfume, body sprays, etc.**

**** No creams or moisturizers applied to the arms the day of testing.**

If you have any questions, please do not hesitate to contact our office.

Thank you,

Vero ENT Allergy Center