

## Medications to Avoid for Allergy Testing

Antihistamines, prescription and over the counter ones, negatively affect the results of skin tests. These medications and instructions are outlined below. As skin tests are usually done on the same day as your first appointment, it is important that you read the list below prior to scheduling an appointment. In addition, many over the counter cold and cough medications, sleep-aids, acid reducers/ heartburn medications and eye drops contain medications that act as antihistamines and need to be stopped before skin testing. If you are not sure about medications, please call our office. We need a written or verbal permission from your doctor before stopping certain medications. If these medications are not stopped the required number of days before the appointment, you will not be able to complete the skin testing on the day of appointment. The testing may have to be rescheduled or other options may be considered.

### Stop these medications 14 days before your appointment:

1. Atarax®, Vistaril®, Marax (Hydroxyzine)

### Stop these oral antihistamines 5 days before your appointment:

1. Alavert® (Loratadine)
2. Allegra® (Fexofenadine)
3. Clarinex® (Desloratadine)
4. Claritin® (Loratadine)
5. Loratadine (Claritin, Alavert)
6. Zyrtec (Cetirizine)

### Stop these sleep aides three (3) days prior to testing: (You may continue taking Ambien or Lunesta)

1. Tylenol PM
2. Advil PM
3. Unisom (includes sleep gels and maximum strength)
4. Somnex
5. Compoz

### Herbal supplements discontinued these 7 days prior to the test:

Licorice, Green Tea, Saw Palmetto, St. John's Wort, Feverfew, Milk Thistle, and Astragalus

### Stop these oral antihistamines 5 days before your appointment:

Actifed	Methdilazine HCl (Tacaryl)
Antihist	Naldecone
Astelin®, Astepro (Azelastine)	Novafed-A
Axid® (nizatidine)	Ornade
Azatadine (Optimine, Trinalin)	Patanase
Benadryl (Diphenhydramine)	Pepcid® (famotidine)
Bromfed	Phenergan (Promethazine)
Brompheniramine	Phenindamine (Nolamine, Nolahist)
Cabinoxamine (Rondec)	Pheniramine (Poly Histine D)
Chlorpheniramine	Poly-Histine-D
(Chlor Trimeton)	Promethazine HCl (Phenegan)
Clemastine (Tavist)	Pyrilamine (Kronohist, Rynatan)
Cyproheptadine (Periactin)	Rynatan
Deconamine	Tagamet® (cimetidine)
Dimenhydrinate (Dramamine)	Tavist
Dimetapp	Trimeprazine (Temaril)
Diphenhydramine (Benadryl)	Trinalin
Diphenylpyraline (Hispril)	Tripolidine (Actifed)
Doxylamine (Bendectin, Nyquil)	Valium (Lorazepam, Ativan) ie. Sleeping Pills
Drixoral	Xyzal (Levocetirizine)
Dura-tab	

Flexeril- ie. Muscle Relaxants  
Kronofed  
Meclizine (Antivert)

Zantac® (ranitidine)  
Zyrtec® (Cetirizine)

If you are taking an **oral/nasal** antihistamine that is not listed above, stop the medicine for **5 days** before your appointment. If you are not sure, please contact our office.

Some **antidepressants** can also act as antihistamines and will also interfere with skin testing. Please stop for **2 weeks**. Some examples include:

Tricyclic antidepressants: amitriptyline, Elavil, Adapin, Sinequan, Tofranil, Trazodone, etc.

Please inform us if you are on any antidepressants before skin testing. **Do not stop antidepressants** for any reason without checking with your primary care doctor first.

**The following medications need not be stopped:**

Cromolyn (Intal) and Nedocromil (Tilade)  
Steroid Nasal Sprays (Beconase, Vancenese, Nasalide, Fluticasone, Nasacort, Beclovent, Vanceril, Aerobid, Azmacort, Pulmicort, Flovent, Qvar, Advair, Qnasl)  
Oral Corticosteroids (Prednisone, Medrol)  
Pseudoephedrine/Theophylline  
Accolate (Zafirlukast), Zyflo (Zileuton), Singular (Montelukast)  
Atrovent (Ipratropium Bromide)-Nasal Spray/Inhaler

SSRI antidepressants:

paroxetine - Paxil  
sertraline - Zoloft  
fluoxetine - Prozac  
citalopram hydrobromide - Celexa  
escitalopram - Lexapro  
venlafaxine - Effexor

Proton Pump Inhibitors:

prilosec  
aciphex  
protonix  
prevacid  
nexium

Please note: this is not a complete list. Call and check if you have any questions on any other medications

*If you are pregnant, please contact our office.*

**Continue to take all your other medications as prescribed. Do not stop any medication without checking with your doctor first. We can perform a histamine challenge prior to skin testing to ensure that there are not any interfering medications at the time of testing in your system.**