



Medications to Discontinue Before Allergy Skin Test Appointment

Antihistamines, prescription and over the counter medications, 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 of medications, please call our office. We need 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.

Please allow 1-2 hours for initial visit at our office.

Stop these medications 14 days before your appointment

Atarax, Vistaril, Marax (Hydroxyzine)

Tricyclic antidepressants: Amitriptyline, Elavil, Adapin, Sinequan, Tofranil, Trazadone, 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.

Stop these oral antihistamines 7-10 days before your appointment

Alavert (Loratadine)

Allegra (Fexofenadine)

Clarinet (Desloratadine)

Claritin (Loratadine)

Loratadine (Claritin, Alavert)

Cyproheptadine (Periactin)

Dexylamine (Bendectin, Nyquil)

Flexeril-*ie.* Muscle Relaxants, etc.

Meclizine (Antivert)

Xyzal (Levocetirizine)

Zyrtec (Cetirizine)

Stop these oral antihistamines 4 days before your appointment

Actifed
Antihist
Astelin, Astepro (Azelastine)
Axid (nizatidine)
Azatadine (Optimine, Trinalin)
Benadryl (Diphenhydramine)
Bromfed
Brompheniramine
Cabinoxamine (Rondec)
Chlopheniramine (Chlortrimeton)
Clemastine (Tavist)
Deconamine
Dimenhydrinate (Dramamine)
Dimetapp
Diphenhydramine (Benadryl)
Diphenylpyraline (Hispril)
Drixoral
Dura-tab
Kronofed
Methdilazine HCl (Tacaryl)
Naldecone
Novafed-A
Ornade
Patanase
Pepcid (famotidine)
Phenegran (Promethazine)
Phenindamine (Nolamine, Nolahist)
Pheniramine (Polyhistine D)
Poly-Histine D
Promethazine HCl (Phenegan)
Pyrilamine (Kronohist, Rynatan)
Rynatan
Tagamet (Cimetidine)
Tavist
Trimeprazine (Temaril)
Trinalin
Triprolidine (Actifed)
Valium (Lorazepam, Ativan) ie. Sleeping Pills
Zantac (ranitidine)

If you are taking an **oral/nasal** antihistamine that is not listed above, stop the medicine for 4 days before your appointment. If you are not sure, please contact our office.

The following medications *need not* be stopped:

Cromolyn (Intal) and Nedocromil (Tilade)

Steroid Nasal Sprays (Beconase, Vancenese, Nasalide, Fluticasone, Nasacort, Beclovent, Vanceri, Aerobid, Azmacort, Pulmicort, Flovent, Qvar, Advair, Qnasl)

Oral Corticosteroids (Prednisone, Medrol)

Pseudoephedrine

Theophylline

Accolate (Zafirlukast), Zylflo (Zileuton), Singular (Montelukast)

Astrovent (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 taking any medication without checking with your doctor first. We do control skin tests prior to skin testing to ensure that there are not any interfering medications at the time of testing in your system.