

## MEDICATIONS TO AVOID PRIOR TO SKIN TESTING

Patients scheduled for allergy skin testing must stop taking any medications that contain antihistamines as they will affect the results of your test. This includes both over-the-counter as well as prescription medications.

- ▶ Do not stop asthma medications.
- ▶ Do not discontinue antidepressants/psychotropic medications or any other medications without consulting with your prescribing physician.
- ▶ Call your pharmacy or prescribing physician if you are unsure about the names of your medications.

If you are very sick and can't avoid these medications, you should keep your appointment anyway – we may be able to replace your medications with ones that don't affect the skin testing results.

### Oral antihistamines - should be stopped **3-7 days** PRIOR to your appointment:

- Allegra (fexofenadine)
- Atarax (hydroxyzine)
- Benadryl (diphenhydramine)
- Chlortrimeton (chlorpheniramine)
- Clarinex (desloratadine)
- Claritin (loratadine)
- Dimetapp (brompheniramine)
- Nyquil (doxylamine)
- Periactin (cyproheptadine)
- Phenergan (promethazine)
- Tylenol PM (diphenhydramine)
- Zyrtec (cetirizine)

*Note: other cough and cold meds may contain antihistamines.*

### Nose spray and eye drop antihistamines - should be stopped **5 days** PRIOR to your appointment:

- Alaway, Zaditor (ketotifen)
- Astelin, Astepro, Dymista, Optivar (azelastine)
- Bepreve (bepotastine)
- Pataday, Patanase (olopatadine)
- Visine-A, Naphcon-A (pheniramine)

### Antacid medications (different type of antihistamine) - stop 3 days PRIOR to your appointment:

- Pepcid (famotidine)
- Tagamet (cimetidine)
- Zantac (ranitidine)