

Medications to Discontinue Before Allergy Skin Test Appointment

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 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:

- Atarax®, Vistaril®, Marax (Hydroxyzine)

Stop these oral antihistamines 7-10 days before your appointment:

- Alavert® (Loratadine)
- Clarinex® (Desloratadine)
- Claritin® (Loratadine)
- Loratadine (Claritin, Alavert)

Stop these oral antihistamines 4 days before your appointment:

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| • Actifed | • Kronofed |
| • Allegra® (Fexofenadine) | • Meclizine (Antivert) |
| • Astelin® (Azelastine) | • Methdilazine HCl (Tacaryl) |
| • Antihist | • Naldecone |
| • Axid® (nizatidine) | • Novafed-A |
| • Azatadine (Optimine, Trinalin) | • Ornade |
| • Benadryl (Diphenhydramine) | • Patanase |
| • Bromfed | • Pepcid® (famotidine) |
| • Brompheniramine | • Phenergan (Promethazine) |
| • Cabinoxamine (Rondec) | • Phenindamine (Nolamine, Nolahist) |
| • Chlopheniramine (Chlortrimeton) | • Pheniramine (Polyhistine D) |
| • Clemastine (Tavist) | • Poly-Histine-D |
| • Cyproheptadine (Periactin) | • Promethazine HCl (Phenegan) |
| • Deconamine | • Ppyrilamine (Kronohist, Rynatan) |
| • Desloratidine (Clarinex) | • Rynatan |
| • Dimenhydrinate (Dramamine) | • Tagamet® (cimetidine) |
| • Dimetapp | • Tavist |
| • Diphenhydramine (Benadryl) | • Trimeprazine (Temaril) |
| • Diphenylpyraline (Hispril) | • Trinalin |
| • Doxylamine (Bendectin, Nyquil) | • Triprolidine (Actifed) |
| • Drixoral | • Zantac® (ranitidine) |
| • Dura-tab | • Zyrtec® (Cetirizine) |

If you are taking an **oral** antihistamine that is not listed above, stop the medicine for **4 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. Some examples include:

- Tricyclic antidepressants: amitriptyline, Elavil, Adapin, Sinequan, Tofranil, Trazadone, etc.
- Muscle relaxants - ie. Flexeril, etc.
- Sleeping pills - ie. Ambien, 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, Vanceryl, Aerobid, Azmacort, Pulmicort, Flovent, Qvar, Advair)
- Oral Corticosteroids (Prednisone, Medrol)
- Pseudoephedrine
- Theophylline
- SSRI antidepressants:
 - paroxetine - Paxil
 - sertraline - Zoloft
 - fluoxetine - Prozac
 - citalopram hydrobromide - Celexa
 - escitalopram - Lexapro
 - venlafaxine - Effexor
- Proton Pump Inhibitors:
 - prilosec
 - aciphex
 - protonix
 - prevacid
 - nexium
- Singulair, Zflo, Accolate