

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:

- Atarax®
- Vistaril®
- Atarax (Hydroxyzine)

Stop these oral antihistamines 5 days before your appointment:

- Alavert® (Loratadine)
- Allegra® (Fexofenadine)
- Clarinex® (Desloratadine)
- Claritin® (Loratadine)
- Loratadine (Claritin, Alavert)
- Zyrtec (Cetirizine)
- Xyzal (Levocetirizine)
- Astelin nasal spray (Azelastine)
- Benadryl (Diphenhydramine)
- Cyproheptadine
- Dramamine (Dimenhydrinate)

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

- Tylenol PM
- Advil PM
- Unisom (includes sleep gels and maximum strength)
- Sominex
- Compoz
- Nyquil

Herbal supplements discontinued these 7 days prior to the test:

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

Stop these topical corticosteroids 7 days prior to testing:

- Alclometasone (Aclovate)
- amcinonide (Cyclocort)
- betamethasone (Diprolene, Betanate, Beta-Val)
- clobetasol (Clobex, Olux, Temovate)
- Desonide (Desonate, Desowen, Lokara, Vereso)
- Desoximetasone (Topicort)
- Diflorasone (Apexicon)
- Fluocinolone (Synalar)
- Fluocinonide (Vanos, Lidex)

- Flurandrenolide (Cordran)
- Fluticasone (Cutivate)
- Halcinonide (Halog)
- Halobetasol (Ultravate)
- Hydrocortisone (Locoid, Pandel, Westcort)
- Mometasone (Elocon)
- Triamcinolone (Cinalog, Kenalog, Triderm)

Stop these oral antihistamines 5 days before your appointment:

- Antihist
- Astelin®, Asteprò (Azelastine) Axid® (nizatidine)
- Azatadine (Optimine, Trinalin) Benadryl (Diphenhydramine) Bromfed
- Brompheniramine
- Cabinoxamine (Rondec) Chlorpheniramine
- (Chlor Trimeton)
- Clemastine (Tavist)
- Cyproheptadine (Periactin) Deconamine
- Dimenhydrinate (Dramamine) Dimetapp
- Diphenhydramine (Benadryl) Diphenylpyraline (Hispril) Doxylamine(Bendectin, Nyquil) Drixoral
- Dymista (azelastine and fluticasone)
- Dura-tab
- Methdilazine HCl (Tacaryl)
- Naldecone Actifed
- Novafed-A
- Ornade
- Flexeril- ie. Muscle Relaxants Kronofed
- Meclizine (Antivert)
- Zantac® (ranitidine) Zyrtec® (Cetirizine)
- Patanase
- Pepcid® (famotidine)
- Phenergan (Promethazine)
- Phenindamine (Nolamine, Nolahist) Pheniramine (Poly Histine D)
- Poly-Histine-D
- Promethazine HCl (Phenegan)
- Pylamine (Kronohist, Rynatan) Rynatan
- Ryaltris Nasal Spray (olopatadine hydrochloride and mometasone furoate monohydrate)
- Tagamet® (cimetidine)
- Tavist
- Trimeprazine (Temaril)
- Trinalin
- Triprolidine (Actifed)
- Valium (Lorazepam, Ativan) ie. Sleeping Pills
- Xyzal (Levocetirizine)

Hold these beta blocker medications the day of testing:

- Acebutolol (Sectral)
- Atenolol (Tenoretic, Tenormin)
- Betaxolol (Betoptic, Kerlone)
- Bisoprolol (Zebeta, Ziac)
- Carteolol (Cartrol, Ocupress)
- Carvedilol (Coreg)
- Esmolol (Brevibloc)
- Labetalol (Normodyne,Trandate)
- Levobunolol (AK-Beta, Betagan)
- Levobetaxolol (Betaxon)
- Metipranolol (OptiPranolol)
- Metoprolol (Lopressor)

- Nadolol (Corgard, Corzide)
- Penbutolol (Levitol)
- Pindolol (Visken)
- Propranolol (Inderal, Inderide)
- Sotalol (Betapace, Sorine)
- Timolol (Betimol, Blocarden, Ocumeter, Timolide, Cosopt, Occudose, Timoptic)

Immunomodulators must be discontinued at least 6 months prior to testing:

- Xolair (omalizumab)

If you are taking an oral/nasal antihistamine that is not listed above, please stop the medicine for 5-7 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:

Benzodiazepines:

- Alprazolam (Xanax)
- Clonazepam (Klonopin)
- Diazepam (Valium)
- Lorazepam (Ativan)
- Midazolam (Versed)

Tricyclic Antidepressants:

- Amitriptyline (Elavil, Endep, Etrafon, Limbitrol, Vanatrip)
- Amoxampine (Asendin)
- Clomipramine (Anafranil)
- Desipramine (Norpramin)
- Doxepin (Adapin, Sinequan)
- Imipramine (Tofranil)
- Nortriptyline (Aventyl, Pamelor)
- Protriptyline (Vivactil)
- Trimipramine (Surmontil)
- Trazodone

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 DO NOT need be stopped:

Steroid Nasal Sprays/Inhalers

- Beconase
- Vancenese
- Nasalide
- Fluticasone
- Nasacort
- Beclovent
- Vanceril
- Aerobid
- Azmacort
- Pulmicort

- Flovent
- Qvar
- Advair

Oral Corticosteroids:

- Prednisone
- Medrol

Leukotriene Receptor Antagonists:

- Singulair (Montelukast)

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.