

Medications to Stop Prior to Taking an Allergy Test
Avoid 7 days prior to skin testing:

Oral Antihistamines:

loratadine (Claritin, Alavert, etc.)	desloratadine (Clarinex)
fexofenadine (Allegra, Mucinex Allergy)	cetirizine (Zyrtec)
levocetirizine (Xyzal)	hydroxyzine (Atarax, Vistaril)
chlorpheniramine (Chlor Trimeton, Rynatan, AlleRx, etc.)	brompheniramine (Bromfed, Dimetapp, etc.)
cyproheptadine (Periactin)	Tussionex (chlorpheniramine + hydrocodone)

Nasal Sprays:

azelastine (Astepro, Astelin, Dymista)	olopatadine (Patanase)
--	------------------------

Eye drops:

levocabastine (Livostin)	emedastine (Emadine)	azelastine (Optivar)
epinastine (Elestat)	pheniramine (Naphcon-A, Visine A)	bepotastine (Bepreve)
olopatadine (Pataday/Patanol/Pazeo)	alcaftadine (Lastacaft)	ketotifen (Alaway, Zaditor, Zyrtec eye)

Antidepressants/Sleepmedications: Speak with your doctor PRIOR to stopping these medications:

amitriptyline (Elavil, Endep, Etrafon, Limbitrol)	clomipramine (anafranil)
doxepin (Sinequan, Adapin, Zonalon)	imipramine (Tofranil)
trimipramine (Surmontil)	amoxapine (Asendin)
desipramine (Norpramin)	nortriptyline (Pamelor, Aventyl)
protriptyline (Vivactil)	maprotiline (Ludiomil)
mirtazapine (Remeron)	trazodone (Desyrel, Oleptro)
nefazodone (Serzone)	Chlorpromazine (Thorazine)
chlorpromazine	lorazepam (Ativan)
clonazepam (Klonopin)	diazepam (Valium)
midazolam (Versed)	zolpidem (Ambien)
eszopiclone (Lunesta)	quetiapine (Seroquel)
bupropion (Wellbutrin)	

Herbal supplements:

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

Medications to Stop Prior to Taking an Allergy Test
Avoid 72 hours (3 days) prior to skin testing:

Oral antihistamines:

diphenhydramine (Benadryl, Tylenol PM, Unisom, Aler Dryl, Calm Aid, Genahist, etc.)	clemastine (Tavist, Allerhist, Contac)
tripelennamine (Polaramine)	pheniramine (Ru-Tuss, Triaminic)
triprolidine (Actifed)	azatadine (Trinalin)
phenindamine (Nolahist, Nalamine)	promethazine (Phenergan, Prorex)
meclizine (Dramamine, Bonine)	

If you are taking any other antihistamines, stop them 4 days prior to skin testing. If you are unsure if the medicine you are taking is an antihistamine, ask your doctor. If you are taking any medications labeled as “PM” to aid in sleep, ask the pharmacist, as these may also contain antihistamines.

Topical medications: Stop topical Benadryl, topical doxepin (Zonalon) and topical steroids for 48 hours prior to testing.

Avoid 24 hours (1 day) prior to testing:

Tagamet (cimetidine), Pepcid (famotidine), Axid (nizatidine), Zantac (ranitidine) -These acid blockers are H2 antihistamines and may interfere with the accuracy of allergy tests. See below for stomach medications that you may continue

Medications you should NOT STOP taking prior to skin testing include but are not limited to the following:

Asthma/Allergy medications:

Inhalers: Advair, Breo, Dulera, Symbicort, QVAR, Flovent, Alvesco, Pulmicort, Asmanex, albuterol or levalbuterol (ProAir, Ventolin, Proventil, Xopenex), and Spiriva.

Nasal sprays: Nasonex, Flonase (fluticasone), Omnaris, Veramyst, Nasacort (triamcinolone), Rhinocort, Atrovent (ipratropium)

Other medications: Singulair (montelukast), Zyflo (zileuton), Accolate (zafirlukast), Sudafed (pseudoephedrine or phenylephrine), Mucinex (except for Mucinex Allergy, which is the same as Allegra--don't take Mucinex Allergy for 7 days prior to skin testing)

Stomach medicines:

You can continue all other previous stomach medicines including but not limited to:

Aciphex (rabeprazole), Prevacid (lansoprazole), Prilosec (omeprazole), Nexium (esomeprazole), Protonix (pantoprazole), and Zegerid (omeprazole + bicarbonate)

Other: You should continue all your previous medications for diabetes, heart disease, high blood pressure, thyroid disorders, etc. unless specifically directed by our physicians. If you are unsure of a particular medication, please contact us for assistance.