

Ready to find out what is causing your itchy, sneezy, runny allergy symptoms? Here are a few helpful tips to prepare you for allergy skin testing.

## Medications to Stop Prior to Taking An Allergy Test (Avoid 7 Days Prior to 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)	azelastine (Optivar)
epinastine (Elestat)	bepotastine (Bepreve)

olopatadine (Pataday/Patanol/Pazeo)	ketotifen (Alaway, Zaditor, Zyrtec eye)
emedastine (Emadine)	alcaftadine (Lastacast)
pheniramine (Naphcon-A, Visine A)	

**Antidepressants and Sleep medications (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	Feverfew
Green Tea	Licorice
Milk Thistle	Saw Palmetto
St. John's Wort	

**Avoid 72 hours (3 days) prior to 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), Zflo (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.