

### **Antihistamines/Medications to Avoid Prior to Skin Testing**

Antihistamines are a class of medications that should be avoided for at least 5 days prior to skin testing. If you are unable to avoid antihistamines for skin testing, we are happy to provide a consultation instead of testing at your appointment.

1. Allergy medications that are antihistamines (can also be in cold/sinus medications):
  - Zyrtec (cetirizine)
  - Claritin (loratidine)
  - Allegra (fexofenadine)
  - Xyzal (levocetirizine)
  - Benadryl (diphenhydramine)
  - Atarax/Vistiril (hydroxyzine)
  - Antihistamine Nasal Sprays: Astelin (azelastine)
  
2. Sleep medications that are antihistamines:
  - Over-the-counter sleep aids that contain diphenhydramine: i.e. ZzzQuil, Nyquil, medications that state “PM” such as Tylenol PM or Advil PM
  - Over-the-counter sleep aids that contain doxylamine (should be held for 2 weeks): i.e. Unisom
  - Prescription antihistamines such as Vistiril (hydroxyzine)
  
3. Acid reflux pills that are antihistamines:
  - Zantac (ranitidine)
  - Pepcid (famotidine)
  - Tagamet (cimetidine)
  
4. Medications for nausea/vomiting, vertigo that should be held for 2 weeks if possible:
  - Phenergan (promethazine)
  - Compro (prochlorperazine) Dramamine or Bonine (meclizine)