



Houston Pulmonary, Sleep & Allergy Associates

21216 Northwest Freeway
Ste 430, Cypress, TX 77429

11302 Fallbrook Drive
Ste 205, Houston, TX 77065

13219 Dotson Road
Ste 210, Houston, TX 77070

Phone: 281-955-0338

Fax: 281-469-0741

MEDICATION AVOIDANCE LIST FOR ALLERGY TESTING

Some medications interfere with allergy skin testing. This includes primarily antihistamines which are found in many over-the-counter cough/cold/sinus medications, oral allergy medications, allergy nasal spray and allergy eye drops. **These medications should be held from 7 days before the appointment and until after the allergy testing is complete.**
*This is not an all-inclusive list. Please review the ingredients on the package(s) or ask your doctor or pharmacist if unsure.

H1 ORAL ANTIHISTAMINES:

Zyrtec (cetirizine)
Allegra (fexofenadine)
Claritin (loratadine)
Clarinex (desloratadine)
Xyzal (levocetirizine)
Benadryl (diphenhydramine)
Atarax (hydroxyzine)
Chlor-Trimeton (chlorpheniramine)
RyClora (dexchlorpheniramine)
RyVent and Karbinal ER (carbinoxamine)
Bromfed (brompheniramine)

H1 ANTIHISTAMINIC NASAL SPRAYS:

Astelin&Optivar (azelastine)
Dymista (contains azelastine)
Elestat (epinastine)
Evastin&Aleva (ebastine)

H1 ANTIHISTAMINIC EYE DROPS:

Patanol, Patanase&Pazeo (olopatadine)

H2 ANTIHISTAMINES FOR ACID REFLUX/ALLERGIES:

Zantac (ranitidine)
Pepcid (famotidine)
Tagament (cimetidine)

OTHER ORAL ANTIHISTAMINES:

Phenergan (promethazine)
Dramamine (meclizine)

DECONGESTANTS: [should be stopped at least 2 days before the appointment]

Sudafed, Mucinex-D, etc. (pseudoephedrine)

SOME MEDICATIONS MAY INTERFERE WITH ALLERGY SKIN TESTING

*DO NOT stop these medications unless instructed by a physician.

**This is not an all-inclusive list.

TRICYCLIC ANTIDEPRESSANTS:

Elavil, Tryptizol&Laroxyl (amitriptyline)
Pamelor&Aventyl (nortriptyline)
Vivactil (protriptyline)
Adapin&Sinequan (doxepin)
Asendin (amoxapine)
Depressin&Vagran (propizepine)
Tofranil, Janimine&Praminil (imipramine)
Surmontil, Trimip&Tripramine (trimipramine)
Norpramin (desipramine)
Anafranil (clomipramine)