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Medications to Avoid Prior to Skin Testing

Patients scheduled for allergy skin testing must stop taking any medications that contain antihistamines as they will affect the results of your test. This includes both over-the-counter as well as prescription medications. Do not discontinue antidepressants/psychotropic medications or any other medications without consulting with your prescribing physician. Call your pharmacy or prescribing physician if you are unsure about the names of your medications.

As a rule, asthma medications do NOT affect skin testing results (e.g. singular, inhalers) and should be continued. Also, single-ingredient decongestant preparations (e.g. Sudafed, phenylephrine, pseudoephedrine) can be taken.

In general, we ask that you try to **avoid these medications for 7 days prior to your appointment**. If you are very sick and can't avoid these medications, you should keep your appointment anyway – we may be able to replace your medications with ones that don't affect the skin testing results.

PRESCRIPTION DRUGS WITH ANTIHISTAMINES

- CLARINEX (DESLORATIDINE)
- ATARAX (HYDROXYZINE)
- TANAFED DMX
- TUSSIONEX
- PALGIC
- TUSSI-12 DS (PYRILAMINE)
- BROMFED (BROMPHENIRAMINE)
- RONDEC SYRUP
- PROMETHAZINE WITH CODEINE
- NALDECON
- DURATUSS AC
- SEMPREX D (ACRIVASTINE)
- ALLERX (CHLORPHENIRAMINE)
- RYNATAN (CHLORPHENIRAMINE)

- PBZ (TRIPLENNAMINE)
- PHENERGAN (PROMETHAZINE)
- TAVIST
- PERIACTIN (CYPROHEPTADINE)
- VISTARIL

OVER THE COUNTER ANTIHISTAMINES

- XYZAL (LEVOCETIRIZINE)
- ALLEGRA (FEXOFENADINE)
- ZYRTEC (CETIRIZINE)
- CLARITIN (LORATADINE)
- BENADRYL (DIPHENHYDRAMINE)
- ALAVERT (LORATADINE)
- ACTIFED (TRIPROLIDINE)
- SUDAFED SINUS/ALLERGY
- NYQUIL
- TYLENOL PM
- TYLENOL COLD

PRESCRIPTION ANTIHISTAMINE NASAL SPRAYS and acid blockers/reflux meds should be stopped **2 days** before the skin test. All other nasal spray (eg. Fluticasone, Flonase, Nasonex, Nasocort) can be continued.

- AZELASTINE (ASTELIN, ASTEPRO)
- DYMISTA
- OLOPATADINE
- Cimetidine (tagamet)
- Famotidine (Pepcid)
- Ranitidine (Zantac)