

Allergy Testing Information & Antihistamine Avoidance List

Same day allergy skin testing is performed at discretion of the medical provider at visit and is not guaranteed. Some medications can interfere with allergy skin testing. **For most accurate results if same day testing is possible, please stop antihistamines for 5-7 days prior to appt.** If you have a question if it's safe to stop, please contact prescribing physician.

Testing is often performed on arms or back. Please wear comfortable clothing that can be removed if necessary. **Do not use oil, cream or lotion on the back or arms for 24 hours prior to skin testing.**

PLEASE STOP THE FOLLOWING MEDICATIONS FOR 7 DAYS PRIOR TO YOUR APPOINTMENT:

- Cyproheptadine (Periactin)
- Hydroxyzine (Atarax/Vistaril)
- Montelukast (Singulair)
- Desloratidine (Clarinex)
- Levocetirizine (Xyzal)

PLEASE STOP THE FOLLOWING MEDICATIONS FOR 5 DAYS PRIOR TO YOUR APPOINTMENT:

Sedating Allergy Medications (All Forms)

- Advil Allergy
- Alahist
- AlleRX
- Allergy Relief Medication
- Brompheniramine (Bromfed)
- Carbinoxamine
- Chlorpheniramine
- Clor-Trimeton
- Diphenhydramine (Benadryl)
- Doxylamine
- Extendryl
- Ketotifen
- Palgic
- Polyhistine
- Pyrilamine (also found in Midol)
- Tylenol Allergy

Non-Sedating Allergy Medications (All Forms)

- Cetirizine (Zyrtec, Wal-Zyr)
- Fexofenadine (Allegra)
- Loratadine (Claritin, Alavert)

Nasal Sprays

- Azelastine (Astelin, Astepro)
- Dymista
- Olopatadine (Patanase)

Stomach Acid Reducers

- Cimetidine (Tagamet)
- Famotidine (Pepcid)

Cough/Cold /Sinus Remedies

- Actifed
- Advil Cold/Sinus
- Aleve Cold
- Alka Seltzer Plus/Cold
- Allerest
- BC Cold Powder
- Benylin Cough
- Comtrex
- Contac
- Coricidin
- Co-Tylenol
- Dimetane
- Dimetapp
- Drixoral
- Norel SR/MD
- Nyquil
- Pediacare
- Percogesic
- Phenyltoloxamine
- Robitussin (many forms)
- Rondec
- Rynatan/R-Tannate
- Semprex-D
- Sinutab
- Sudafed Cold + Allergy
- Tanafed
- Theraflu (All forms)
- Time Hist
- Triaminic (All forms)
- Tussionex
- Tylenol Cold+Sinus
- Vicks 44 M
- Zicam

Sleep Aids

- Advil PM
- Alertec (Modafinil)
- Doxepin (Sinequan)
- Doxylamine
- Excedrin PM
- Night Time Sleep Aid
- Nytol
- Sominex
- Tylenol PM/Tylenol Sleep

Anti-Nausea/Vertigo Medications

- Chlorpromazine
- Dimenhydrinate (Dramamine)
- Meclizine (Antivert)
- Prochlorperazine (Compazine)
- Promethazine (Phenergan)

Allergy Eye Drops

- Alcaftadine (Lastacaft)
- Epinastine (Elestat)
- Azelastine (Optivar)
- Ketotifen (Zaditor, Alaway, Zyrtec)
- Bepotastine (Bepreve)
- Olopatadine (Patanol, Pataday, Pazeo)

Itch Relief Medications:

- Diphenhydramine (Benadryl)

Others:

- Cyclobenzaprine (Flexeril)
- Baclofen

Some other medications may also interfere with allergen skin testing **but you should continue to take them UNLESS the prescribing physician/clinician tells you it is safe to stop them for 5 days prior to your appointment.** Your Allergy Partners provider will discuss testing options at your visit if you have not been cleared to stop these medications:

Tricyclic Antidepressants

- Amitriptyline
- Amoxapine
- Desipramine (Norpramin)
- Doxepin (Sinequan)
- Imipramine (Tofranil)
- Nortriptyline (Pamelor)
- Protriptyline
- Trimipramine

Benzodiazepines

- Alprazolam (Xanax)
- Chlordiazepoxide (Librium)
- Clonazepam (Klonopin)
- Clorazepate (Tranxene)
- Diazepam (Valium)
- Estazolam (Prosom)
- Flurazepam (Dalmane)
- Lorazepam (Ativan)
- Midazolam (Versed)
- Oxazepam (Serax)
- Quazepam (Doral)
- Temazepam (Restoril)
- Triazolam (Halcion)

Other

- Mirtazapine (Remeron)
- Quetiapine (Seroquel)

Please continue taking all other medications as prescribed including:

- Antibiotics
- Antidepressants
- Asthma Medications including inhalers, nebulizer solutions, and Zafirlucast (Accolate)
- Blood Pressure Medications
- Cholesterol Medications
- Decongestants
- Heart Medications
- Injectable Medications
- Nasal Sprays- Except Astelin/Astepro/Patanase and Dymista
- Steroids such as prednisone, prednisolone, solumedrol
- Thyroid Medications

Do not stop these medications without the approval of your physician.

Please call your local Allergy Partners office with any questions about these lists.