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## MEDICATIONS TO AVOID PRIOR TO ALLERGY SKIN TESTING

**Allergy testing requires the ‘histamine response’ in order to be accurate and reliable. There are many types of antihistamines. Antihistamines are found in many different medicines, either as a single drug or mixed with a combination of chemicals. Please review all medicines you take (including Over-The-Counter) in order to make your allergy testing appointment most efficient and accurate. Generic names are in all *lower case*, trade names *Capitalized*.**

Oral antihistamines to be stopped **3 (THREE)** days prior to your appointment:

- brompheniramine (Actifed, Atrohist, Dimetapp, Drixoral)
- cetirizine (Zyrtec, Zyrtec D)
- chlorpheniramine (Chlortrimeton, Deconamine, Kronofed A, Novafed A, Rynatan, Tussinex)
- clemastine (Tavist, Antihist)
- cyproheptadine (Periactin)
- diphenhydramine (Benadryl, Allernix, Nytol)
- doxylamine (Bendectin, Nyquil)
- hydroxyzine (Atarax, Marax, Vistaril)
- levocetirizine (Xyzal)
- promethazine (Phenergan)

Oral antihistamines to be stopped **7 (SEVEN)** days prior to your appointment:

- desloratadine (Clarinex)
- fexofenadine (Allegra, Allegra D)
- loratadine (Claritin, Claritin D, Alavert)

Nose spray and eye drop antihistamines to stop **5 (FIVE)** days prior to your appointment:

- azelastine (Astelin, Astepro, Dymista, Optivar)
- bepotastine (Bepreve)
- ketotifen (Zaditor, Alaway)
- olapatadine (Pataday, Patanase)
- pheniramine (Visine A, Naphcon A) – OK to stop for **2** days

Antacid medications (different type of antihistamine) to stop **3 (THREE)** days prior to your appointment:

- cimetidine (Tagamet)
- famotidine (Pepcid)
- ranitidine (Zantac)

Note: Antihistamines are found in many over the counter medications, including Tylenol Allergy, Actifed Cold and Allergy, Alka-Seltzer Plus Cold with Cough Formula, and many others. Make sure you read and check the ingredients carefully and stop those containing antihistamines at least **3 (THREE)** days prior to the appointment.

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Tricyclic antidepressants also interfere with allergy skin testing. Please contact your prescribing physician before stopping these medicines to see if it is OK to stop for 3 days. We request if possible that you omit these medicines for 3 days prior to testing:

- amitriptyline (Elavil)
- amitriptyline & chlordiazepoxide (Limbitrol)
- amitriptyline & perphenazine (Etrafon, Triavil)
- amoxipine (Asendin)
- clomipramine (Anafranil)
- desipramine (Norpramin)
- doxepin (Sinequan, Adapin)
- imipramine (Tofranil)
- nortriptyline (Pamelor)
- protriptyline (Vivactil)
- trimipramine (Surmontil)

You **may** take the following medications up to the time of your testing:

- nasal steroid sprays: fluticasone (Flonase), Nasonex, triamcinolone (Nasacort), Rhinocort, Veramyst, Omnaris
- montelukast (Singulair)
- asthma medicines:
  - o inhalers: Advair, Asmanex, Azmacort, Dulera, Flovent, Pulmicort, Symbicort, or QVAR
  - o steroids: prednisone, Medrol
  - o theophylline
- acetaminophen (Tylenol)
- birth control pills
- decongestants (as long as not combined with antihistamines)
- diuretics
- hormones
- most blood pressure medications - with exception of any form of beta-blocker – see list below.

If you are taking any form of beta-blocker (pills or eye drops), with rare exception, you cannot have allergy testing or immunotherapy. Also, please notify the allergy nurse if you have any cardiac problems, take cardiac medications or have a pacemaker.

Beta-blockers as pills:

- atenolol (Tenormin, Tenoretic)
- betaxolol (Kerlone)
- bisoprolol (Zebeta, Ziac)
- cartelol (Cartrol)
- esmolol (Breviblock)
- labetalol (Normodyne, Normozide, Trandate)
- metoprolol (Lopressor, Toprol)
- nadolol (Corgard, Corzide)
- pindolol (Visken)
- propranolol (Inderal, Inderide)
- sotalol (Betapace)
- timolol (Timolide, Blocadren)

Beta-blockers as eye drops:

- betaxolol (Betopic, Betaxan)
- levobunolol (Betagen)
- Timolol (Timoptic, Cosopt)

Allergy testing will take from 2-3 hours. Please wear short-sleeved or sleeveless shirt if possible, and bring a pair of shorts. When being seen in the office for either testing or treatment, please do not wear heavily scented products (body lotion, perfume, cologne, hair spray, etc.) which may affect other patients. If it is necessary to cancel your test, please notify us at least 24 hours prior to your appointment. If your test is scheduled for a Monday, please leave a message with our answering service. If we are not notified and you do not show up for your appointment, there will be a \$100 missed appointment charge. Please complete the history questionnaire, and any other paperwork that you were given and bring them with you the day of the test.