

Skin testing is an important part of your allergy evaluation. Some medications contain antihistamines and may interfere with your skin test results. They must, therefore, be discontinued 5 days prior to skin testing. These medications include prescription and over-the-counter (OTC) antihistamines, intranasal antihistamines, some antidepressants and certain heartburn medications (H2-blockers). Asthma medications do not typically affect skin testing. **You should not stop your asthma medications prior to your visit unless otherwise instructed to do so.**

Most Antihistamines are over the counter and are marketed under various names, including brand names and generic names. Ask your pharmacist for guidance or call and speak to our nursing staff if you are unsure of your medications. Some examples of medications that need to be discontinued 5 days prior to skin testing are below:

- azelastine (ASTELIN, ASTEPRO nasal sprays)
- brompheniramine (DIMETAPP) cetirizine (ALLERTEC, ZYRTEC, ZYRTEC-D)
- chlorpheniramine (CHLOR-TRIMETON, TRIAMINIC)
- desloratadine (CLARINEX)
- diphenhydramine (BENADRYL, DIPHEDRYL)
- doxylamine (NYQUIL, ALKA-SELTZER PLUS)
- fexofenadine (ALLEGRA, ALLEGRA-D)
- hydroxyzine (ATARAX, VISTARIL)
- loratadine (ALLERCLEAR, ALAVERT, CLARITIN, CLARITIN-D)
- levocetirizine (XYZAL)
- olapadine (PATANASE nasal spray)

Some Over-The-Counter (OTC) cold/flu medications and sleep aids contain antihistamines such as doxylamine or diphenhydramine as one of the ingredients and should be stopped 3 days prior to your appointment.

- Examples of cold/flu medications: Tylenol Cold & Sinus, Nyquil, Advil Cold & Sinus
- Examples of sleep aids: Advil PM, Nyquil Relief, Nytol, Tylenol PM, Unisom and ZzzQuil

Some Acid-reflux medications are antihistamines and should be stopped 24 hours prior to your appointment.

- Examples of acid-reflux medications: Cimetidine (TAGAMET), Ranitidine (ZANTAC) and Famotidine (PEPCID)

Some psychiatric medications are also antihistamines and should be stopped 2 weeks prior to your appointment. **You must check with the prescribing doctor prior to discontinuing any psychiatric medications.**

- Examples include (but are not limited to) doxepin, imipramine, and amitriptyline.

***The following list of medications is alphabetized for your reference. Some medications may not be listed. Check with your pharmacist or call our office if uncertain:***

Advil Cold & Sinus	Cyproheptadine	Nortriptyline	Risperdal
Advil PM	Clarinet	Nyquil	Rynatan
Alavert	Claritin	Nyquil	Seroquel
Alka Seltzer Plus Products	Clemastine	Nyquil Relief	Silenor
Allegra	Desipramine	Nytol	Tagamet
Aller-Fex	Desloratadine	Nytol	Tavist
Aller-Tec	Dimenhydrinate	Olapadine	Triaminic Products
Amitriptyline	Dimetapp	Omalizumab	Tylenol Cold & Sinus
Antivert	Diphenhydramine	Pamelor	Tylenol PM
Astelin	Doxepin	Patanase	Unisom
Astepro	Dramamine	Pediacare Products	Visteril
Atarax	Dymista	Pepcid	Wal-Fex
Azelastine	Fexofenadine	Periactin	Wal-Zyr
Benadryl	Hydroxyzine	Phenegan	Xolair
Bromfed	Imipramine	Pheniramine	Xyzal
Brompheniramine	Levocetirizine	Promethazine	Zantac
Cetirizine	Loratadine	Prudoxin	Zonalon
Chlorpheniramine	Meclizine	Pyrilamine	Zyprexa
Chlor-Trimeton	Mucinex Products	Quetiapine	Zyrtec
Cimetidine	Norpramin	Ranitidine	ZzzQuil