

MEDICATIONS TO AVOID PRIOR TO ALLERGY TESTING

If appropriate, allergy testing may be completed on your first visit. Please plan on your appointment lasting for 2-3 hours. Some appointments are longer depending on what allergy tests are ordered. Many medications interfere with allergy skin testing, making it difficult to obtain accurate results. The following list contains **some of the common medications** that may need to be omitted prior to allergy testing; however it does not include all of them. We will place "control tests" on your skin prior to testing to determine if any of your medications will interfere with your test. Please omit all oils, lotions, and creams from the arms and back on the day of your appointment. It is best to refrain from sun tanning and tanning beds at least 1 week prior to your appointment.

Oral antihistamines to be stopped **7-10 days** prior to your appointment:

- brompheniramine (*Bromfed, Actifed, Dimetapp, Drixoral*)
- chlorpheniramine (*Chlortrimeton, Deconamine, Tussionex*)
- clemastine (*Tavist, Antihist*)
- desloratadine (*Clarinex*)
- hydroxyzine (*Atarax, Marax, Vistaril*)

Oral antihistamines to be stopped **5 days** prior to your appointment

- cetirizine (*Zyrtec*)
- cyproheptadine (*Periactin*)
- doxylamine (*Nyquil*)
- fexofenadine (*Allegra*)
- levocetirizine (*Xyzal*)
- loratadine (*Claritin, Claritin-D, Alavert*)
- meclizine (*Antivert*)
- promethazine (*Phenergen*)

Nasal spray and eye drop antihistamines to stop **5 days** prior to your appointment

- azelastine (*Astelin, Astepro, Dymista, Optivar*)
- bepotastine (*Bepreve*)
- ketotifen (*Zaditor, Alaway*)
- levocabastine (*Livostin*)
- olopatadine (*Patanol, Pataday, Patanase*)
- pheniramine (*Visine A, Naphcon A*)

Antacid medications to stop **3 days** prior to your appointment

- cimetidine (*Tagamet*)
- esomeprazole (*Nexium*)
- famotidine (*Pepcid*)
- nizatidine (*Axid*)
- omeprazole (*Prilosec*)
- ranitidine (*Zantac*)

Oral antihistamine to stop **48 hours** before your appointment

- diphenhydramine (*Benadryl, Zzzquil, Nytol, Unisom*)

There are additional medications, including sleep aids, some antidepressants and anxiety medications, and others, which can interfere with allergy skin test results. If you are taking any of these, **please contact the prescribing physician to determine if you can safely stop these medications for the time recommended prior to testing.**

The following would need to be stopped **7-10 days** prior to testing:

- amoxicipine (*Asendin*)
- Benzodiazepines including: Alprazolam (*Xanax*), clonazepam (*Klonopin*), lorazepam (*Ativan*),
- desipramine (*Norpramin*)
- fluoxetine (*Prozac, Sarafem*)
- haloperidol (*Haldol*)
- maprotiline (*Ludiomil*)
- mirtazapine (*Remeron*)
- nortriptyline (*Aventyl, Pamelor*)
- protriptyline (*Vivactil*)

The following would need to be stopped **3 days** prior to testing:

- amitriptyline (*Elavil, Endep, Limibtrol*)
- citalopram (*Celexa*)
- clomipramine (*Anafranil*)
- doxepin (*Sinequan, Zonalon cream, and others*)
- escitalopram (*Lexapro*)
- fluvoxamine (*Luvox*)
- imipramine (*Tofranil*)
- sertraline (*Zoloft*)
- trimipramine (*Surmontil*)

The following would need to be stopped **24 hours** prior to testing:

- nefazadone (*Serzone*)
- quetiapine (*Seroquil*)
- trazadone (*Desyrel*)
- zolpidem (*Ambien*)

Please notify the nurse if you are taking any kind of beta-blocker (pills or eye drops), if you have any cardiac problems, or if you have a pacemaker.