



- ★ Do not stop asthma medications or any other medications that do not contain antihistamine!
- ★★ If you have major hives or swelling, do not stop your antihistamines.
- ★★★ Do not use oil, cream or lotion on the back or arms for 24 hours prior to skin testing.

MEDICATIONS TO AVOID PRIOR TO ALLERGY SKIN TESTING

1. COMMON MEDICATIONS CONTAINING ANTIHISTAMINES

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| • Actifed (chlorpheniramine) | • Diphenhydramine (Benadryl) | • Pepcid (famotidine) |
| • Advil PM, Advil Allergy | • Dimetane | • Periactin (cyproheptadine) |
| • Alavert/Claritin (loratadine) | • Dimetapp (brompheniramine) | • Phenergan (promethazine) |
| • Allegra (fexofenadine) | • Doxepin (Sinequan, Adapin) | • Promethazine (Phenergan) |
| • Alka Seltzer P.M. | • Dramamine (dimenhydrinate) | • Protriptyline (Vivactil) |
| • Amitriptyline (Elavil) | • Drixoral | • Ranitidine (Zantac) |
| • Antivert (meclizine) | • Duravent LA | • Robitussin Allergy |
| • Astelin Nasal Spray (azelastine) | • Elavil (amitriptyline) | • Rondec |
| • Astepro Nasal Spray (azelastine) | • Excedrin PM | • Sinequan (doxepin) |
| • Atarax (hydroxyzine) | • Famotidine (Pepcid) | • Sominex |
| • Azelastine nose spray (Astepro, Astelin) | • Fexofenadine (Allegra) | • Sudafed Cold/Plus (Plain Sudafed is okay) |
| • Benadryl (diphenhydramine) | • Hydroxyzine (Atarax, Vistaril) | • Surmontil (trimipramine) |
| • Bonine (meclizine) | • Imipramine (Tofranil) | • Tagament (Cimetidine) |
| • Cetirizine (Zyrtec) | • Levocetirizine (Xyzal) | • Tavist (clemastine) |
| • Chlorpheniramine (Chlor-Trimeton) | • Loratadine (Claritin) | • Theraflu |
| • Chlor-Trimeton (chlorpheniramine) | • Meclizine (Antivert, Bonine) | • Tofranil (imipramine) |
| • Cimetidine (Tagament) | • Norpramine (desipramine) | • Trazodone |
| • Clarinex (desloratadine) | • Nortriptyline (Pamelor) | • Tylenol PM and over the counter sleeping aids |
| • Claritin (loratadine) | • Nyquil | • Tussionex (chlorpheniramine) |
| • Clemastine (Tavist) | • Olopatadine (Patanase nasal spray) | • Unisom |
| • Comtrex | • Pamelor (nortriptyline) | • Vistaril (hydroxyzine) |
| • Contac | • Patanase Nasal Spray (olopatadine) | • Zantac (ranitidine) |
| • Cyproheptadine (Periactin) | • Pediacare | • Zyrtec (cetirizine) |
| • Desipramine (Norpramine) | | • Xyzal (levocetirizine) |
| • Desloratadine (Clarinex) | | |
| • Dimenhydrinate (Dramamine) | | |

2. BENZODIAZEPINES (AVOID FOR 7 DAYS)

- Alprazolam (Xanax)
- Clonazepam (Klonopin)
- Diazepam (Valium)
- Estazolam (ProSom)
- Flurazepam (Dalmane)
- Lorazepam (Ativan)
- Midazolam (Versed)
- Oxazepam (Serax)
- Temazepam (Restoril)
- Triazolam (Halcion)

3. ATYPICAL ANTIDEPRESSANTS/ SEDATIVES (AVOID FOR 7 DAYS)

- Bupropion (Wellbutrin)
- Mirtazapine (Remeron)
- Trazodone (Desyrel)
- Doxepin (Sinequan)
- Amitriptyline (Elavil)
- Desipramine (Norpramine)
- Imipramine (Tofranil)
- Nortriptyline (Pamelor)
- Protriptyline (Vivactil)
- Trimipramine (Surmontil)

IMPORTANT ADDITIONAL INFORMATION



- Cough/Cold/Allergy or Sinus medications bought over the counter may have antihistamine in them.
- Sleeping aids over the counter often contain antihistamines and should be stopped. Prescription medications for sleep that do not contain antihistamines may be continued. Stop Trazodone, Amitriptyline (Elavil), Doxepin, Desipramine and Imipramine, which are also prescribed for pain, sleep, or depression.
- Antihistamine allergy eye drops (Patanol, Pataday, Olopatadine, Elestat, Optivar, Bepreve) and other over the counter allergy eye drops such as Zaditor, Ketotifen, Naphcon-A, Opcon-A, Visine AC and all generic allergy eye drops must be stopped.

Do not stop your Benzodiazepines or Atypical Antidepressants/sedatives without discussing with the prescribing physician.



MEDICATIONS THAT ARE OKAY:

- ✓ Asthma inhalers (Flovent, Advair, Symbicort, Asmanex, Dulera, Qvar, Alvesco) and Singulair.
- ✓ Plain Sudafed (pseudoephedrine) and phenylephrine when not added in with an antihistamine
- ✓ Afrin (oxymetazoline) and NeoSynephrine (phenylephrine), decongestant nose sprays
- ✓ All steroid nose sprays (Fluticasone, Flonase, Nasonex, Nasacort AQ, Veramyst, and Omnaris).



Due to continued advances in medications and formulations, not all medications may be listed at the time of printing. If you are unsure whether a medication contains an antihistamine or may affect skin testing, please contact our office.