



**List of medications (including antihistamines) that need to be stopped 7 days prior to allergy skin testing:**

During your visit, allergy skin tests may be applied to help determine your suspected allergy (food allergy, insect allergy, or environmental allergies). This type of test is quickly performed and is very well tolerated by even small children. However, in order to be able to perform a skin test, you must stop your antihistamines, as well as a few other medications, at least 7 days prior to your appointment. These medications include:

**Antihistamines:**

Generic/Brand Name

- Brompheniramine (Actifed, Atrohist, Dimetapp, Drixoral)
- Cetirizine (Zyrtec, Zyrtec D)
- Chlorpheniramine (Chlortrimeton, Deconamine, Kronofed A, Novafed A, Rynatan)
- Clemastine (Tavist, Antihist)
- Cyproheptadine (Periactin)
- Desloratadine (Clarinex)
- Dexchlorpheniramine (Polaramine)
- Diphenhydramine (Allernix, Benadryl, Nytol)
- Doxepin (Sinequan)
- Doxylamine (Benadryl, Nyquil)
- Fexafenadine (Allegra, Allegra D)
- Hydroxyzine (Atarax, Marax, Vistaril)
- Levocetirizine (Xyzal)
- Loratadine (Alavert, Claritin, Claritin D)
- Promethazine (Phenergan)

Note: Antihistamines are also found in many over the counter medications, including Tylenol Allergy, Actifed Cold & 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 7 days prior to the appointment.

**Nose Sprays and Eye Drops to stop 7 days prior to your appointment**

Generic/Brand Name

- Azelastine (Asteline, Astepro, Optivar)
- Ketotifen (Zaditor)
- Olapatadine (Pataday, Patanase)
- Dymista (Flonase & Patanase combination spray)



There is no need to stop Flonase, Nasonex, Nasacort, Omnaris, Rhinocort, Zetonna, Qnasl or Veramyst as these medications will not affect the skin test.

The following medications will also interfere with skin testing. If you feel that you will not be able to stop these medications for 7 days prior to your testing, please call our office to discuss your options.

### **Proton Pump Inhibitors (PPI's)**

Generic/Brand Name

- Axid (Nizatidine)
- Cimitidine (Tagamet)
- Dexlansoprazole (Kapidex)
- Esomeprazole (Nexium)
- Famotidine (Pepcid)
- Lansoprazole (Prevacid)
- Omeprazole (Prilosec, Zegrid)
- Rabeprazole (Aciphex)
- Ranitidine (Zantac)

### **Benzodiazepines & Atypical Antidepressants/Sedatives** **(May interfere with Skin Prick Testing)**

Generic/Brand Name

- Alprazolam (Xanax)
- Bupropion (Wellbutrin)
- Clonazepam (Klonopin)
- Diazepam (Valium)
- Lorazepam (Ativan)
- Mirtazapine (Remeron)
- Nefazodone (Serzone)
- Venlafaxine (Effexor)

### **Tricyclic Antidepressants**

Generic/Brand Name

- Amitriptyline (Elavil, Endep, Etrafon, Limbitrol, Vanatrip)
- Amoxampine (Asendin)
- Clomipramine (Anaframil)
- Desipramine (Norpramin)
- Doxepin (Adapin, Sinequan, Zonalon)
- Imipramine (Tofranil)
- Nortriptyline (Aventyl Hydrochloride, Pamelor)
- Protriptyline (Vivactil)



Trimipramine (Surmontil)

**SSRI's and SNRI's**

**(Unlikely to interfere with Skin Prick Testing)**

**Selective Serotonin Reuptake Inhibitors (SSRI's)**

Generic/Brand Name

- Citalopram (Celexa)
- Escitalopram (Lexapro)
- Fluoxetine (Prozac & Prozac Weekly)
- Olanzapine & Fluoxetine (Symbyax)
- Paroxetine (Paxil, Paxil CR & Pexeva)
- Sertraline (Zoloft)

**Serotonin Norepinephrine Reuptake Inhibitors (SNRI's)**

Generic/Brand Name

- Desvenlafaxine (Pristiq)
- Duloxetine (Cymbalta)
- Milnacipran (Ixen, Savella)
- Venlafaxine (Effexor XR)

**DO NOT STOP YOUR ASTHMA MEDICATIONS!!**

This would include:

- Inhalers such as Advair, Asmanex, Azmacort, Flovent, Pulmicort, Symbicort & QVAR
- Pills such as Singulair (Monteleukast), Zyflo, Theophylline or steroids such as Medrol or Prednisone.

Remember, if in doubt, please call our office to discuss any medications you may be taking prior to your appointment.