

## Drugs to Avoid

*\*Stop 7 days before skin testing\**

- Due to the continual development of new drugs, not all medications may be listed.
- **DO** stop all antihistamines (Benadryl, Zyrtec, Claritin, Allegra, Xyzal, Clarinex, Cyproheptadine, Hydroxyzine, Famotidine, Ranitidine, etc.) 7 days prior to skin testing. Please see the next page for a complete list of antihistamines to avoid.
- **DO** stop these medications 7 days prior to skin testing: any over-the-counter medications with the word “**Allergy**” in it, most over-the-counter cough and cold medications, and over-the-counter sleep medications.
- **DO** stop all herbal supplements, including Milk Thistle, Saw Palmetto, St. John’s Wort, Astragalus, Feverfew, Green Tea, Licorice for 7 days prior to skin testing.
- Do **NOT** stop:
  - **Asthma** medications (Singulair/Montelukast, inhaled short-acting beta agonists Albuterol/ProAir/Xopenex, inhaled corticosteroids and inhaled long-acting beta agonist/corticosteroid combinations)
  - **Antibiotics**
  - **Oral steroids** (Medrol dose-pack, Prednisone)
  - **Certain heartburn medications** (Prilosec, Nexium, Prevacid, Zegerid, Aciphex, Dexilant, and Protonix)
  - **Certain nasal medications** (Afrin, Atrovent, Flonase, Nasacort, Nasonex, Rhinocort, Veramyst, Qnasl, Zetonna)
  - **Certain oral medications** (Phenylephrine, Pseudoephedrine, Guaifenesin, Mucinex)
- Do **NOT** stop SSRI’s and SNRI’s. Certain antidepressant medications do not interfere with allergy testing:
  - **SSRI’s** (Celexa/Citalopram, Lexapro/Escitalopram, Prozac/Sarafem/Fluoxetine, Paxil/Pexeva/Paroxetine, Zoloft/Sertraline)
  - **SNRI’s** (Effexor/Venlafaxine, Pristiq/Desvenlafaxine, Cymbalta/Duloxetine)
- Please look at the chart on the next page for a full list of medications to avoid 7 days prior to skin testing. Do **NOT** stop medications in the last 3 categories of this chart (“Anti-anxiety”, “Antidepressants” or “Other” categories) without consulting with the prescribing physician.
- **IF YOU ARE NOT SURE ABOUT A MEDICATION, PLEASE CALL BEFORE YOU TAKE IT.**

## Drugs to Avoid

*\*Stop 7 days before skin testing\**

<p><b>ANTIHISTAMINES</b></p> <ul style="list-style-type: none"> <li>• ACRIVASTINE</li> <li>• ACTIFED</li> <li>• ADVIL ALLERGY</li> <li>• ADVIL PM</li> <li>• AEROKIDS</li> <li>• AH CHEW</li> <li>• ALAVERT</li> <li>• ALLERHIST</li> <li>• ALLERTAN</li> <li>• ALDEX</li> <li>• ALLEGRA</li> <li>• ALLEGRA D</li> <li>• ANTIHIST</li> <li>• ANTIVERT</li> <li>• ATARAX</li> <li>• ATROHIST</li> <li>• AZATADINE</li> <li>• BENADRYL</li> <li>• BIOHIST</li> <li>• BONINE</li> <li>• BROMPHED</li> <li>• BROMPHED PD</li> <li>• BROMPHENIRAMINE</li> <li>• BROVEX</li> <li>• CARBINOXAMINE</li> <li>• CETIRIZINE</li> <li>• CHLORPHENIRAMINE</li> <li>• CHLORTRIMETON</li> <li>• CLARINEX</li> <li>• CLARINEX D</li> <li>• CLARITIN</li> <li>• CLARITIN D</li> <li>• CLEMASTINE</li> <li>• COMTREX</li> <li>• CONTAC</li> <li>• CORICIDIN</li> <li>• CYCLIZINE</li> <li>• CYPROHEPTADINE</li> <li>• DECONAMINE</li> <li>• DESLORATIDINIE</li> <li>• DEXODRYL</li> <li>• DIMENHYDRINATE</li> <li>• DIMETAPP</li> <li>• DIPHENHYDROMINE</li> <li>• DOXYLAMINE</li> <li>• DRAMAMINE</li> <li>• DRIXORAL</li> <li>• DURADRYL</li> <li>• DURAHIST</li> <li>• DURATAN</li> <li>• DUTUSS</li> </ul>	<ul style="list-style-type: none"> <li>• DYTAN</li> <li>• ENDAL</li> <li>• EXCEDRIM PM</li> <li>• EXTENDRYL</li> <li>• FEXOFENADINE</li> <li>• HISTEX</li> <li>• HISTUSSIN</li> <li>• HYDRAMINE</li> <li>• HYDROXYZINE</li> <li>• LEVOCETIRIZINE</li> <li>• LORATIDINE</li> <li>• KRONOFED</li> <li>• MAREZINE</li> <li>• MECLIZINE</li> <li>• NALDECON</li> <li>• NALEX</li> <li>• NOVAHISTINE</li> <li>• NYQUIL</li> <li>• OMNIHIST</li> <li>• PEDIATAN</li> <li>• PEDIACARE</li> <li>• PEDIOX</li> <li>• PERIACTIN</li> <li>• PHENIRAMINE</li> <li>• PHRLEX</li> <li>• POLY-HISTINE</li> <li>• PROMETHEAZINE</li> <li>• PYRILAMINE</li> <li>• RESCON</li> <li>• ROBITUSSIN ALLERGY</li> <li>• RONDEC</li> <li>• RUTUSS</li> <li>• RYNTANN</li> <li>• RYNEZE</li> <li>• SEMPREX</li> <li>• SINGLET</li> <li>• SOMINEX</li> <li>• SUDAL</li> <li>• SUDAFED COLD/ALLERGY</li> <li>• TACARYL</li> <li>• TANDUR DM</li> <li>• TAVIST</li> <li>• THERAFLU NIGHTIME</li> <li>• TRIAMINIC</li> <li>• TRIPOLIDINE</li> <li>• TRINALIN</li> <li>• TUSSIONEX</li> <li>• TYLENOL ALLERGY</li> <li>• TYLENOL COLD</li> <li>• TYLENOL PM</li> <li>• UNISOM SLEEP GELS</li> <li>• VISTARIL</li> </ul>	<ul style="list-style-type: none"> <li>• ZYRTEC</li> <li>• XYZAL</li> <li>• ZONALON</li> <li>• ZYRTEC D</li> </ul> <p><b>ANTI-NAUSEA MEDICATIONS</b></p> <ul style="list-style-type: none"> <li>• COMPAZINE</li> <li>• PHENERGAN</li> <li>• PROMETHAZINE</li> <li>• TIGAN</li> </ul> <p><b>NASAL SPRAYS</b></p> <ul style="list-style-type: none"> <li>• ASTELIN</li> <li>• ASTEPRO</li> <li>• AZELASATINE</li> <li>• DYMISTA</li> <li>• OLOPATIDINE</li> <li>• PATANASE</li> <li>• RYALTRIS</li> </ul> <p><b>REFLUX MEDICATIONS</b></p> <ul style="list-style-type: none"> <li>• AXID</li> <li>• CIMETADINE</li> <li>• FAMOTADINE</li> <li>• NIZATADINE</li> <li>• PEPCID</li> <li>• RANITADINE</li> <li>• TAGAMET</li> <li>• ZANTAC</li> </ul> <p><b>EYEDROPS</b></p> <ul style="list-style-type: none"> <li>• ALOCRIL</li> <li>• ELESTAT</li> <li>• LIVOSTIN</li> <li>• OPTICHROME</li> <li>• OPTIVAR</li> <li>• PATADAY</li> <li>• PATANOL</li> <li>• ZADITOR</li> </ul> <p><b>ANTI-ANXIETY</b></p> <ul style="list-style-type: none"> <li>• ALPRAZOLAM</li> <li>• ATIVAN</li> <li>• CLONAZEPAM</li> <li>• DIAZEPAM</li> <li>• ESTAZOLAM</li> <li>• HALCION</li> <li>• KLONOPIN</li> <li>• LORAZEPAM</li> <li>• MIDAZOLAM</li> <li>• PROSOM</li> <li>• RESTORIL</li> <li>• TEMAZEPAM</li> <li>• VALIUM</li> <li>• XANA</li> </ul>	<p><b>ANTIDEPRESSANTS</b></p> <ul style="list-style-type: none"> <li>ADAPIN</li> <li>• ANAFRANIL</li> <li>• AMITRIPTYLINE</li> <li>• AMOXAMPINE</li> <li>• ASENDIN</li> <li>• AVENTYL</li> <li>• CLOMIPRAMINE</li> <li>• DESIPRAMINE</li> <li>• DESYREL</li> <li>• DOXEPIN</li> <li>• ELAVIL</li> <li>• IMPRAMINE</li> <li>• LIMBITROL</li> <li>• LUDIOMIL</li> <li>• MAPROTILINE</li> <li>• MIRTAZAPINE</li> <li>• NETAZADONE</li> <li>• NORPRAMIN</li> <li>• NORTRIPTYLINE</li> <li>• NORPRAMINE</li> <li>• OLEPTRO</li> <li>• PAMELOR</li> <li>• PROTRIPTYLINE</li> <li>• QUESTIAPINE</li> <li>• REMERON</li> <li>• SERZONE</li> <li>• SINEQUAN</li> <li>• SURMONTIL</li> <li>• TOFRANIL</li> <li>• TRIAVIL</li> <li>• TRAZODONE</li> <li>• TRIMIPRAMINE</li> <li>• VIVACTIL</li> </ul> <p><b>OTHER</b></p> <ul style="list-style-type: none"> <li>• BENTYL</li> <li>• BENZTROPINE</li> <li>• CATAPRESS</li> <li>• CHLORPROMAZINE</li> <li>• CLONIDINE</li> <li>• COGENTIN</li> <li>• DIAZEPAM</li> <li>• HALDOL/ HALOPERIDOL</li> <li>• DICYCLOMINE</li> <li>• PARLODEL</li> <li>• RESPERDAL</li> <li>• RESPERADONE</li> <li>• SEROQUEL</li> <li>• TOFRANIL</li> <li>• THORAZINE</li> <li>• QUETIAPINE</li> </ul>
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