

Drugs to Avoid

Stop 7 days before skin testing

- Due to 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 page 2 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 Nettle, Bromelian, Quercetin, Butterbur, 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.**

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