



**Medications to Stop Prior to taking an Allergy Test**  
**Avoid 7 days prior to skin testing:**

**Oral Antihistamines:**

Loratadine (Claritin, Alavert, ect.)	Desloratidine (Clarinex)
Fexofenadine (Allegra, Mucinex Allergy)	Cetirizine (Zyrtec)
Levocetirizine (Xyzal)	Hydroxyzine (Atarax, Vistaril)
Chlorpheniramine (Chlor Trimeton, Rynatan, Alle Rx, Ect..)	Brompheniramine (Bromfed, Dimetapp, Etc.
Cyproheptadine (Periactin)	Tussionex (Chlorpheniramine & Hydrocodone)
Doxepine (Slenor, Zonalon)	

\*If taking doxepin or Hydroxyzine for anxiety or sleep check with your PCP before stopping

**Nasal Sprays:**

Azelastine (Astepro, Astelin, Dymista)	Olopatadine (Patanase)
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**Eye Drops:**

Levocabastie (Livostin)	Emedastine (Emadine)	Azelastine (Optivar)
Epinastine (Elestat)	Pheniramine (Naphcon-A, Visine A)	Bepotastine (Bepreve)
Olopatadine (Pataday/Patanol/Pazeo)	Alcaftadine (Lastacaft)	Kelotifen (Alaway, Zaditor, Zyrtec eye)

**Herbal Supplements:**

Astragalus	Green Tea	Milk Thistle	Feverfew
St. John's Wort	Licorice	Saw palmetto	

**Medications to stop Prior to Taking an Allergy Test**  
**Avoid 72 hours (3 days) prior to skin testing**

**Oral Antihistamines:**

Diphenhydramine (Benadryl, Tylenorl PM, Unisom, Aler Dryl, Calm Aid, Genahist, Ect.	Clemastine (Tavist, Allerhist, Contac)
Tripelannamine (Polaramine)	Pheniramine (Ru-Tuss, Triaminic)
Tripolidine (Actifed)	Azatadine (Trinalin)
Pheninadamine (Nolahist, Nolamine)	Pomethazine (Phenergan, Prorex)

**If you are taking any other antihistamines stop them 7 day prior to skin testing. If you are unsure if the medicine you are taking is an antihistamine, ask your doctor. If you are taking any medications labeled as “PM” to aide in sleep, ask the pharmacist, as these may also contain antihistamines.**

**Topical Medications:** Stop topical Benadryl, topical doxepin (Zonalon) and topical steroids like triamcinolone for **48 hours** prior to testing.

**Avoid 24 hours ( 1 Day) prior to testing:**

- Tagamet (Cimetidine)
- Pepcid (famotidine)
- Axid (nizatidine)
- Zantac (ranitidine) – These acid blockers are H2 Antihistamines and may interfere with the accuracy of allergy tests. See below for Stomach medications that you may continue.

**DO NOT STOP the following medications prior to skin testing, including but not limited to the following:**

**Asthma/Allergy Medications:**

**Inhalers:** Advair, Breo, Dulera, Symbicort, QVAR, Flovent, Alvesco Pulmicort, Asmanex, Albuterol or levalbuterol (ProAir, Ventolin, Proventil, Xopenex) and Spiriva.

Nasal Sprays: Nasonex, Flonase (Fluticasone), Omnaris, Vermyst, Nasacort (triamcinolone), Rhinocot, Atrovent (ipratropium)

Other Medications: Singulair (montelukast), Zflo (Zileuton), Accolate (Zafirlukast), Sudafed (Pseudoephedrine or Phenylephrine) Mucinex (except for Mucinex Allergy, which is the same as Allegra – Don't take Mucinex Allergy for 7 days prior to skin testing)

**Stomach Medicines:**

You can continue all other previous stomach medicine including but not limited to:

Aciphex (rabeprazole), Prevacid (lansoprazole), Prilosec (Omeprazole Nexium (esomeprazole), Protonix (Pantoprazole), and Zegerid (omeprazole & Bicarbonate)

**Other:** You should continue all your previous medication for diabetes, heart disease, high blood pressure, thyroid disorders, etc... unless specifically directed by our physicians.

If you are unsure of a particular medication, please contact us for assistance at 413-707-7720.