

## Antihistamines

To ensure your allergy test results are accurate, it is important that you discontinue certain medications before your visit. Antihistamines will result in false negative test results and should be avoided prior to testing.

**It is important that you read the list below prior to your appointment.** Many over-the-counter cold and cough medications, sleep-aids, acid reducers/ heartburn medications, and eye drops contain medications that act as antihistamines and can block skin testing results. If you are not sure about your medications, please call our office or contact your pharmacist. If these medications are not stopped the required number of days before the appointment, we may not be able to complete skin testing on the day of your appointment.

The testing may have to be rescheduled or other options may be considered.

Oral Antihistamines, Nasal Sprays, Eye Drops, Stomach/ Reflux medications to avoid for at least **5 days (and ideally 7 days)** prior to skin testing. This list includes the most common antihistamines; however, there may be some not listed here. Any over-the-counter medications with the word "Allergy", most over-the-counter cough and cold medications and over-the-counter sleep medications may affect the testing and need to be stopped for the appointment.

### Oral Medications:

Actifed	Cyclizine	Drixoral	Poly-Histine-D
Alavert (Loratadine)	Cyproheptadine	Dura-Tab	Promethazine HCl
Allegra (Fexofenadine)	(Periactin)	Emexlastine (Emadine)	(Phenegan)
Azatadine (Optimine, Trinalin)	Deconamine	Fexofenadine (Allegra)	Pyrilamine (Kronohist)
Benadryl (Diphenhydramine)	Desloratadine (Clarinet)	Kronofed	Rynatan
Bromfed	Diemhydrinate (Dramamine)	Loratadine (Claritin, Alavert)	Tavist/Trimeprazine (Tamaril)
Cabinoxamine (Palgixc, Dimetapp, Rondec)	Dimetapp	Meclizine (Antivert)	Trinalin
Cetirizine (Zyrtec, Wal-Zyr)	Diphenhydramine (Benadryl, Nyquil, sleep aids, many combo meds, many end in – PM)	Methdilazine HCl (Tacaryl)	Tripolidine (Actifed)
Chlopheniramine (Chlortrimeton)	Diphenylpyraline (Hispril)	Naldecon	Tylenol (Allergy, Cold, PM)
Clarinet (Desoloratine)	Doxylamine (Benedectin, Nyquil)	Novafed-A	Unisom
Clariting (Loratadine)		Ornade	Valium
Clemastine (Tavist)		Phenergan (Promethazine)	(Lorazepa/Ativan)
		Phenindamine	Sleeping Medications
		(Nolamine, Nolahist)	Xyzal (Levocetirizine)
			Zyrtec (Cetirizine)

## Nasal Sprays / Eye Drops / Stomach Reflux Medications:

*Please avoid these medications **2/3** days prior to skin testing*

Alcaftadine (Lastacaft)	Cimetidine (Tagamet)	Ketotifen (Alaway, Zaditor, Claritin Eye, Etc.)	Pheniramine (Opcon-A, Naphcon-A, Visine-A)
Astelin, Astepro (Azelastine)	Dymista Epinastine	Olopatadine (Pataday, Patanol,	Ranitidine (Zantac)
Axid (Nizatidine)	(Elestat)	Pazeo)	Tagamet
Azelastine (Optivar)	Famotidine (Pepcid)	Pepcid (Famotidine)	(Cimetidine) Zantac (Ranitidine)
Bepotastine (Bepreve)			

## Tricyclic Antidepressants:

*These medications have long lasting antihistamine activity. However, **do not stop these medications without first consulting the physician who prescribed them.** Avoid the following medications for at least **7** (Ideally 14) days prior to skin testing*

Amitriptyline (Elavil, Tryptanol)	Doxepin (Adapin, Sinequan, Zolon)	Imipramine (Imavate, Janimine, Tofranil,	Nortriptyline (Aventyl, Pamelor, Sesoval)
Amocapine (Asendin, Moxadil)	Trimapramine (Surmontil)	Deprenil)	Protritpyline (Vivctil)
Clomipramine (Norpramin, Pertofrane)	Hydroxyzine (Atarax, Aistaril, Marax)	Mirtazapimne (Remeron)	

**\*\*Asthma medications do not affect skin testing. Please do NOT stop these medications!\*\***