



Allergy Skin Testing Instructions

Make sure you review all of your medications with your doctor or the medical assistant when you are scheduled for your allergy test.

DON'T'S:

- Do not take over-the-counter antihistamines, cold medication, or cough syrup for 10 days prior to the test. This includes Benadryl, Claritin, Zyrtec, Allegra, loratadine, cetirizine, and fexofenadine, Tavist, Dramamine, Atarax, and others.
- Do not take prescription antihistamines for 10 days prior to the test including Claritin, Zyrtec, Allegra, loratadine, cetirizine, fexofenadine, and Astelin nasal spray. Also stop antihistamine eye drops 10 days prior to testing.
- Do not take beta blockers 5 days prior to testing. These include labetalol, metoprolol, carvedilol, and their brand name equivalents.
- Do not take anti-acid medication for 48 hours prior to testing including Zantac, Pepcid, and Tagamet. You may continue to take proton pump inhibitors such as Prilosec, Nexium, Prevacid, Protonix, and Aciphex.
- Do not take any sleeping medications for 48 hours prior to testing including Tylenol PM and Excedrin PM.

DO'S:

- Wear something comfortable that will allow access to your back or both upper arms on the day of testing.
- You may continue to use nasal steroid sprays such as Flonase, Nasonex, Nasacort, and Rhinocort. Do not use Astelin.
- Review the list of medications that need to be avoided below.

Antihistamines to stop 10 days prior to testing:

| Generic | Brand Name |
|------------------|---|
| Acrivastine | Semprex |
| Azatadine | Optimine, Trinalin |
| Bropheniramine | AccuHist, Bromfed, Iodrane |
| Carbinoxamine | Pediox, Cardec |
| Cetirizine | Zyrtec, Zyrtec D |
| Chlorpheniramine | Ah-chew, Aller-Chlor, Atrohist, Chlor-Amine, Chlor-Trimetron, Deconamine, Extendryl, Histussin, Hycomine, Kronofed, Nalamine, Tussi-12, Tussionex, Tylenol Allergy and Flu Products |
| Clemastine | Dayhist, Tavist |
| Cyproheptadine | Periactin |
| Desloratadine | Clarinx, Clarinex D |
| Dimenhydrinate | Dramamine |
| Diphenhydramine | Benadryl |
| Fexofenadine | Allegra, Allegra D |
| Hydroxyzine | Atarax, Vistaril |
| Levocetirizine | Xyzal |
| Loratadine | Claritin, Claritin D, Alavert |
| Meclizine | Ativert |
| Phenindamine | Nolahist |
| Promethazine | Phenergan |
| Pyrilamine | Viravan |
| Tripolidine | Actifed, Allecron, Triacin |

*****antihistamines may be ingredients in cold, seasickness, nausea, and sleep medications.**



Eye drops to stop 10 days prior to testing:

| Generic | Brand Name |
|---------------|------------------|
| Azelastine | Optivar |
| Epinastine | Elestat |
| Olopatadine | Patanol, Pataday |
| Ketotifen | Zaditor |
| Levocabastine | Livostin |
| Pheniramine | Naphcon-A |

Heartburn medications to stop 5 days prior to testing:

| Generic | Brand Name |
|------------|------------|
| Cimetidine | Tagamet |
| Famotidine | Pepcid |
| Nizatidine | Axid |
| Ranitidine | Zantac |

High blood pressure/heart/migraine medication to stop 5 days prior to testing:

| Generic | Brand Name |
|-------------|---------------------|
| Acebutolol | Monitan, Sectral |
| Atenolol | Tenoretic, Tenormin |
| Betaxolol | Kerlone |
| Bisoprolol | Zebeta, Ziac |
| Carteolol | Cartrol |
| Carvedilol | Coreg |
| Nadolol | Corgard |
| Penbutolol | Levatol |
| Pindolol | Visken |
| Propranolol | Inderal |

Nose spray to stop 10 days prior to testing:

| Generic | Brand Name |
|------------|------------|
| Azelastine | Astelin |

Antidepressants/neuropathic pain medications/narcolepsy drugs to stop 5 days before testing:

| Generic | Brand Name |
|---------------|------------------|
| Amitriptyline | Elavil, Vanatrip |
| Desipramine | Norpramine |
| Doxepin | Sinequan |
| Imipramine | Tofranil |
| Nortriptyline | Aventyl, Pamelor |
| Protriptyline | Vivactil |
| Tripramine | Surmontil |