

Medications to Stop Taking Prior to an Allergy Skin Test

(What's the fuss, or why would you need to stop certain medications before skin testing, you ask? Allergen skin prick testing reproduces a small, controlled allergic reaction in the upper layers of your skin - analogous to the process that happens in your nose, eyes, and airways when you encounter allergen in real life. But medications that block the release of histamine and other mediators from allergy cells in the skin can cause false-negative results on skin testing. We will perform a histamine control prick the day of your skin testing to ensure your skin is reactive and that the test will be accurate; still, careful avoidance of the following medications will ensure the accuracy and validity of your skin testing results. Please contact us if you have any questions, 682-593-9355, thank you.)

Avoid These Medications 7 Days Prior to Testing:

Oral Antihistamines:

loratadine (Claritin, Alavert, etc.)
desloratadine (Clarinex)
fexofenadine (Allegra, Mucinex Allergy)
cetirizine (Zyrtec)
levocetirizine (Xyzal)
hydroxyzine (Atarax, Vistaril)
chlorpheniramine (Chlor Trimeton, Rynatan, AlleRx, etc.)
brompheniramine (Bromfed, Dimetapp, etc.)
cyproheptadine (Periactin)
Tussionex (chlorpheniramine +hydrocodone)

Nasal Sprays:

azelastine (Astepro, Astelin, Dymista)
olopatadine (Patanase)

Eye Drops:

levocabastine (Livostin)
azelastine (Optivar)
epinastine (Elestat)
bepotastine (Bepreve)
olopatadine (Pataday/Patanol/Pazeo)
ketotifen (Alaway, Zaditor, Zyrtec eye)

emedastine (Emadine)
alcaftadine (Lastacaft)
pheniramine (Naphcon-A, Visine A)

Antidepressants and Sleep Medications:

Important: Speak with your prescribing doctor PRIOR to stopping these medications. Do not stop these medications without advice from your prescribing physician. If unable to stop, it may still be possible to successfully skin test on some of these medications. Contact us if you have questions.

amitriptyline (Elavil, Endep, Etrafon, Limbitrol)
clomipramine (anafranil)
doxepin (Sinequan, Adapin, Zonalon)
imipramine (Tofranil)
trimipramine (Surmontil)
amoxapine (Asendin)
desipramine (Norpramin)
nortriptyline (Pamelor, Aventyl)
protriptyline (Vivactil)
maprotiline (Ludiomil)
mirtazapine (Remeron)
trazodone (Desyrel, Oleptro)
nefazodone (Serzone)
chlorpromazine (Thorazine)
lorazepam (Ativan)
clonazepam (Klonopin)
diazepam (Valium)
midazolam (Versed)
zolpidem (Ambien)
eszopiclone (Lunesta)
quetiapine (Seroquel)
bupropion (Wellbutrin)

Herbal Supplements:

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

Avoid These Medications AT LEAST 72 hours (3 days) Prior to Testing:

Oral Antihistamines:

diphenhydramine (Benadryl, Tylenol PM, Unisom, Aler Dryl, Calm Aid, Genahist, etc.)
clemastine (Tavist, Allerhist, Contac)
tripelennamine (Polaramine)
pheniramine (Ru-Tuss, Triaminic)
triprolidine (Actifed)
azatadine (Trinalin)
phenindamine (Nolahist, Nolamine)
promethazine (Phenergan, Prorex)
meclizine (Dramamine, Bonine)

If you are taking any other antihistamines, stop them at least 4 days 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"** or to aid in sleep, ask the pharmacist, as these may also contain antihistamines.

Topical Medications:

Stop topical Benadryl, topical doxepin (Zonalon) and topical steroids for 72 hours prior to testing.

H2 Reflux Medications:

Tagamet (cimetidine)
Pepcid (famotidine)
Axid (nizatidine)
Zantac (ranitidine)

Note: the above four acid blockers are H2 antihistamines and may interfere with the accuracy of allergy tests. However, some stomach medications do not have this effect and are perfectly fine to continue before a test: see below for stomach medications that you should continue.

Medications you should NOT STOP taking prior to skin testing include (but are not limited to):

Inhalers: albuterol or levalbuterol (ProAir, Ventolin, Proventil, Xopenex), Advair, AirDuo, Alvesco, Armonair, Asmanex, Breo, Breztri, Dulera, Symbicort, QVAR, Flovent, Pulmicort, Spiriva, Stiolto, Trelegy, Wixela.

Nasal Sprays: Nasonex, Flonase (fluticasone), Omnaris, Veramyst, Nasacort (triamcinolone), Rhinocort (budesonide), Atrovent (ipratropium), Xhance.

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 stomach medicines such as Aciphex (rabeprazole), Prevacid (lansoprazole), Prilosec (omeprazole), Nexium (esomeprazole), Protonix (pantoprazole), and Zegerid (omeprazole + bicarbonate)

Other: You should continue all your previous medications for diabetes, heart disease, high blood pressure, thyroid disorders, etc. unless specifically directed by our physicians. If you are unsure of whether a particular medication may affect testing, please contact us for assistance, 682-593-9355, thank you.