

Medications and Skin Testing Advice for Patients

- 1) There is **NO NEED** to stop the following medications:
 - Inhalers: albuterol, Flovent, QVAR, Advair, etc.
 - Nasal steroids: Flonase, Nasacort, Nasonex, Rhinocort, Veramyst, Omnaris, etc.
 - Oral steroids: Prednisone, etc.
 - Singulair (Montelukast sodium)

- 2) **Antihistamines** listed below need to be stopped **10 days** prior to testing
 - Allegra (fexofenadine)
 - Atarax or Vistaril (hydroxyzine)
 - Clarinex (desloratadine)
 - Claritin, Alavert (loratadine)
 - Xyzal (levocetirizine)
 - Zyrtec (cetirizine)

- 3) **Antihistamines** listed below need to be stopped **3 days** prior to testing
 - Antihistamine nose sprays: Astelin, Astepro, Patanase, Dymista, Azelastine
 - Antihistamine eye drops: Pataday, Zaditor
 - Clemastine (Tavist)
 - Periactin (cyproheptadine)
 - Benadryl (diphenhydramine)

- 4) Please avoid using any creams or lotions on the day of testing, including topical steroids and antihistamines such as Triamcinolone

- 5) Other medications can interfere with testing, please call us if the patient takes any of the following medications:
 - Antacids: Tums, Rolaids, etc.
 - Anti-anxiety meds: Ativan, Valium, Xanax, Klonopin, Buspar
 - Anti-nausea meds: Phenergan, Reglan, Compazine, Zofran
 - Beta blockers: Atenolol, Metoprolol, Propanolol, Coreg, etc.
 - Motion sickness meds: Meclizine/antivert, Dramamine
 - Muscle relaxers: Flexeril (cyclobenzaprine)
 - H2 blockers: Pepcid, Tagamet, Zantac
 - Cough and cold medications (often contain antihistamine ingredients)
 - Antidepressants: Trazadone, Imipramine, Amitriptyline, Nortriptyline
 - Sleep aids, over the counter (most contain Benadryl)
 - SSRIs: Prozac, Zoloft, Paxil, Lexapro