



Preparing for Skin Testing

If you are wanting or expecting skin testing at your appointment, you will need to stop certain medications prior to your appointment.

Oral Antihistamines — stop at least 5 days before your appointment unless otherwise noted

- Zyrtec/cetirizine
- Xyzal/levocetirizine
- Allegra/fexofenadine
- Claritin/loratadine (stop 9 days before your appointment)
- Clarinex/desloratadine
- Chlorpheniramine (stop 6 days before your appointment)
- Benadryl/diphenhydramine
- Doxepin
- Periactin/cyproheptadine
- Atarax/Vistaril/hydroxyzine
- Meclizine

Note that many sleep aids and cold/sinus/flu medications may contain antihistamines. Please check ingredient lists if you are taking them.

Nasal Sprays — stop 3 days before your appointment

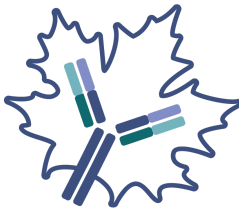
- Astelin/Astepro/azelastine
- Patanase/olopatadine
- Dymista
- Ryaltris

You may continue to take steroid nasal sprays such as Flonase/fluticasone, Nasacort/triamcinolone, Nasonex/mometasone, and Rhinocort/budesonide. You can also continue nasal decongestant sprays (such as Afrin).

Eye Drops — stop 2 days before your appointment

- Alaway/Zaditor/ketotifen
- Optivar/azelastine
- Pataday/olopatadine

ALLERGY, ASTHMA, AND IMMUNOLOGY INNOVATIONS



- Epinastine

Other Medications — stop 2 days before your appointment

- Pepcid/famotidine
- Tagamet/cimetidine
- Phenergan/promethazine

Please note that many antidepressants (such as tricyclic antidepressants), sedatives (such as trazodone), and benzodiazepines (Xanax/alprazolam, Valium/diazepam, Ativan/lorazepam, Klonopin/clonazepam, etc.) may interfere with skin testing. You should only stop these medications if the prescribing doctor says it is fine to do so. Please call us with any further questions.

The following medications are SAFE to continue:

SSRIs

- Celexa/citalopram
- Lexapro/escitalopram
- Prozac/fluoxetine
- Zoloft/sertraline
- Paxil/paroxetine

SNRIs

- Duloxetine
- Venlafaxine
- Desvenlafaxine

Other medications that are safe to continue:

- Antibiotics
- Mucinex
- Oral decongestant pills (with pseudoephedrine, phenylephrine)
- Singulair/montelukast
- Proton pump inhibitors (PPIs): Prilosec/omeprazole, Protonix/pantoprazole, Nexium/esomeprazole)
- Oral steroids: prednisone, Medrol Dosepak, prednisolone
- All inhalers