

Allergy Skin Testing

Medications to avoid

PRESCRIPTION MEDICATIONS

Antihistamines. Used to treat allergies, hives, itching, nausea, anxiety, and/or dizziness. Do not take any antihistamines for at least 3-5 days prior to skin testing. Some antihistamines, especially the *newer non-sedating ones should not be taken for 5 days prior to skin testing. Examples include:

<i>Generic Name</i>	<i>Brand Name</i>
Acrivastine	Semprex, Semprex-S
Azatadine	Trinalin
Azelastine	Astelin Nasal Spray
Brompheniramine	Dimetane, BróveX, BróveX CT
Carbinoxamine	Pediatex, Histex CT, Histex Pd, Rondec
*Cetirizine	Zyrtec, Zyrtec-D
Chlorpheniramine	Deconamine, Allerx, Atrohist, Phenindamine (Nolahist), Hycomine, Rynatan, Z-Tuss
Cyproheptadine	Periactin
*Desloratadine	Clarinx, Clarinx RediTabs
Dexchlorpheniramine	Polaramine
*Fexofenadine	Allegra, Allegra-D
*Hydroxyzine	Atarax, Vistaril
Levocarbastine	Livostin Eye Drops
Loratidine	see next page for over-the-counter equivalent
Meclizine	Antivert
Phenyltoloxamine	Comhist, Flextra DS
Promethazine	Phenergan
Pyrilamine	Codimal
*Pyribenzamine	Tripelennamine

Tricyclics. Used to treat depression, anxiety, migraines, fibromyalgia, and/or peripheral neuropathy. These types of medications have antihistamine-like effects as well. For accurate skin testing, these medications would need to be discontinued for two weeks prior to skin testing. Please do NOT discontinue these medications without first discussing it with both your allergist and the physician who prescribed the medication. Examples include:

<i>Generic Name</i>	<i>Brand Name</i>
Amitriptyline	Elavil
Amoxipine	Asendin
Clomipramine	Anafranil
Cyclobenzaprine	Flexeril (closely related to amitriptyline; used to treat muscle spasms)
Desipramine	Norpramin
Doxepin	Sinequan, Adapin
Imipramine	Tofranil, Janimine
Nortriptyline	Pamelor, Aventyl
Propriptyline	Vivactil
Trimipramine	Surmontil

Allergy Skin Testing

Medications to avoid

OVER-THE-COUNTER MEDICATIONS

Cold, Flu, Sinus and Allergy Medicines. Many over-the-counter preparations sold for the treatment of allergies, colds, flu and sinus congestion have antihistamines in them. Discontinue at least 3-5 days prior to skin testing. Examples include:

<i>Generic Name</i>	<i>Brand Name</i>
Brompheniramine	Dimetapp, Bromfed, BröveX, BröveX CT
Chlorpheniramine	Actifed Cold & Sinus, Allerest, Allergy-Chlor, Chlo-Amine, Chlor-Trimeton, Comtrex, Contac Severe Cold & Flu, Dristan, Efidac, Sine-Off, Sinutab Maximum Strength Sinus Allergy, Teldrin, Triaminic, Triaminicin, Tylenol Allergy Sinus, Children's Tylenol Plus, Vicks Children's Nyquil
Clemastine	Tavist Allergy, Antihist-1, Dayhist-1
Dexbrompheniramine	Drixoral
Diphenhydramine	Benadryl, Alka-Seltzer PM, Allermax, Banophen, Contac Allergy/Sinus, Diphenhist, Doans Extra Strength P.M., Excedrin P.M., Genahist, PediaCare Night and Multisystem, Scot-Tussin Allergy Relief Formula, Siladryl, Sine-Off Night Time Formula, Sudafed Maximum Strength Nighttime, Tussat, Tylenol Extra Strength PM, Tylenol Severe Allergy
Doxylamine	Vicks Nyquil
Phenyltoloxamine	Percogesic
*Loratadine	Claritin, Claritin-D, Alavert - 7 days
Pyrilamine	Robitussin Night Relief
Triprolidine	Actifed Cold & Allergy, Allerfrim, Triafeed, Zymine

Sea-Sickness Medicines. Many over-the-counter "Sea-Sickness" medicines contain an antihistamine. Discontinue at least 3-5 days prior to skin testing. Examples include:

<i>Generic Name</i>	<i>Brand Name</i>
Cyclizine	Marezine
Dimenhydrinate	Dramamine, Hydrate, Marmine, NicoVert, Triptone
Meclizine	Bonine, Vergon

Sleeping Aids. Many over-the-counter "Sleeping Aids" contain an antihistamine. Discontinue at least 3-5 days prior to skin testing. Examples include, (but are not limited to), the following:

<i>Generic Name</i>	<i>Brand Name</i>
Diphenhydramine	Dormin, Nytol, Simply Sleep, Somnax, Unisom Maximum Strength
Doxylamine	Equate, Unisom

Medicines for Stomach Acid and Acid Reflux. A special type of antihistamine, an "H-2 Blocker," is used in many over-the-counter medicines for stomach acid. Discontinue for at least 1-2 days prior to skin testing. Examples include:

<i>Generic Name</i>	<i>Brand Name</i>
Cimetidine	Tagamet HB
Nizatidine	Axid AR
Famotidine	Pepcid AC
Ranitidine	Zantac 75