

ALLERGY AND ASTHMA SPECIALTY SERVICE, P.S.

Common Medications to Avoid Prior to Testing

1. Prescription Antihistamines – ***DO NOT TAKE 72 HOURS PRIOR TO TESTING***

Bomfed Capsules Brohist	Chol Tuss Histex (triprolidine)	Meclizine (Antivert) NoHist	Periactin (cyproheptadine)	Tavist-(Clemestine) Phenergan	
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2. Over the Counter Antihistamines – ***DO NOT TAKE 72 HOURS PRIOR TO TESTING***

Alka-Seltzer Cold Alka-Seltzer Flu Alka-Seltzer Night Alka-Seltzer PLUS Alka-Seltzer Sinus	Aller-Chlor Allerest Aprodine Benadryl (Diphenhydramine)	Chlor-Trimeton Chlorpheniramine Coridecidin Cold/flu Dimetapp Excedrin PM	Nyquil Pedia-Care Allergy Pediatric Cough & Cold Sudafed Cold & Allergy Tavist D	Thera-Flu Thera-Flu Cold Thera-Flu Sinus Triaminic Triaminic night cold	Tylenol Cold Tylenol Flu Tylenol PM ***All Sleep Aides***
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3. Antihistamines – ***DO NOT TAKE 7 DAYS PRIOR TO TESTING***

Allegra (Fexofenadine) Atarax, Vistaril (Hydroxyzine) Clarinet (Desloratadine)	Claritin (Loratadine) RyVent (Karbinal)	Xyzal (Levocetirizine) Zyrtec (Cetirizine)
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4. Nasal Sprays with Antihistamines – ***DO NOT TAKE 48 HOURS PRIOR TO TESTING***

Astelin (Azelastine)	Astepro	Patanase (Olopatadine)
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5. Eye Drops with Antihistamines – ***DO NOT TAKE 72 HOURS PRIOR TO TESTING***

*****Any over the counter allergy eye drops that may contain antihistamines.*****

Azelastine Elestat (Epinastine) Naphcon-A	Opecon A Pataday (Olopatadine) Patanol	Pazeo Visine-A Zaditor (ketotifen)
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6. Anti-Itch Creams – ***DO NOT Use on forearms/back 24 HOURS PRIOR TO TESTING***

Betamethasone Clobetasol	Cortaid (Hydrocortisone) Mometasone	Triamcinolone
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7. Muscle Relaxers – ***DO NOT TAKE 72 HOURS PRIOR TO TESTING***

Flexeril (cyclobenzaprine)

8. Antidepressants & Tranquilizers – ***IF POSSIBLE DO NOT TAKE 72 HOURS PRIOR TO TESTING***

*****Always ask your doctor prior to stopping any antidepressants or tranquilizers.*****

Abilify Amitriptyline	Silenor (doxepin) Marplan	Nardil Norpramin	Pamelor (Nortriptyline) Parnate	Risperdal Seroquel	Surmontil
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9. Antidepressants & Tranquilizers – ***IF POSSIBLE DO NOT TAKE 10 DAYS PRIOR TO TESTING***

*****Always ask your doctor prior to stopping any antidepressants or tranquilizers.*****

Remeron (Mirtazapine)

10. H2 blockers (also sometimes referred to as acid reducers or H2 receptor antagonists) are available in nonprescription and prescription forms. ***IF POSSIBLE DO NOT TAKE 3 DAYS PRIOR TO TESTING.***

Axid (Nizatidine)	Pepcid/Zantac 360 (famotidine)	Tagamet (cimetidine)
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Note: It is impossible to have a complete list of antihistamines. Antihistamines affect how patients respond to allergy testing. Always review your medications to see if they contain antihistamines.
For HIVE patients, do NOT hold antihistamines without discussing with the provider first.
Do NOT stop asthma inhalers.
You may take Singulair (montelukast), nasal steroids, Sudafed (pseudoephedrine).
*** If you have any questions about your medication. Do not hesitate to give us a call at 253-589-1380 ext #2.**