

Medicines that **affect** allergy skin testing:

Do not take these medications 7 days or longer (as listed below), prior to your appointment:

This is not an all-inclusive list, review the ingredients on the package or ask your doctor or pharmacist.

Antihistamines - First Generation	
Generic Name	Brand Names
Azatadine	Optimine
Bromphenarimine	BroveX, Dimetane, Lodrane
Carbinoxamine Maleate	Histex Pd, Palgic and Pediatex
Chlorpheniramine (6 days)	AHIST, Aller-Chlor, C.P.M, Chlo-Amine, Chlor-Allergy, Chlor-Mal, ChlorTrimeton, Chlorphen, Effidac-24, Histex, Ridraman
Clemastine (10 days)	Allerhist-1, Contact 12hr Allergy, Tavist-1
Cyproheptadine (11 days)	Periactin
Dexchlorpheniramine	Polaramine
Diphenhydramine	Actifed Sinus Day, Aler-Tab, Allergy, AllergySinus, Allermax, Aler-Dryl, Altaryl, Banophren, Benadryl, Calm-Aid, Children's Allergy, Compoz Nighttime, Diphedryl, Diphen-Allergy, Diphenhist, Dormin Sleep Aide, Dytan, Dytuss, Genahist, Hydramine, Ibuprofen PM, Nu-Med, Nytol, PediaCare Children's Allergy, Q-Dryl, Quenalin, Scot-Tussin Allergy, Siladryl, Silphen, Simply Allergy, Simply Sleep, Sleep-ettes, Sleep Formula, Sleepinal, Sominex, Tavist, Theraflu, Triaminic, Twilite, Tylenol PM, Unisom Sleep Gels, Valu-Dryl
Dimenhydrinate	Dramamine
Hydroxyzine (8 days)	Atarax, Rezine, Vistaril
Ketotifen	Zatiden
Meclizine HCl	Antivert, Bonine
Methdilazine	Tacaryl
Phenindamine	Nolahist
Promethazine	Chlorpromazine, Phenergan, Promethazine, Prorex 25 & 50, Thorazine
Pryilamine	Nisaval
Trimaparazine	Tremaril
Tripelennamine (7 days)	PBZ & PBZ-SR
Tripolidine	Myidyl, Zymine
Antihistamines - Second Generation	
Astemizole	Hismanal
Azelastine	Astelin, Astepro, Optivar Ophthalmic eye drops
Cetirizine	Zyrtec
Desloratidine	Clarinex
Fexofenadine	Allegra
Loratadine	Alavert, Claritin
Levocetirizine dihydrochloride	Xyzal
Metquitazine	Primalan, Quintadrill
Olopatadine	Patanase, Pataday and Patanol Ophthalmic eye drops
Terfenadine	Seldane
Other	
Theophylline	Theo-Dur, Respbid, Slo-Bid, Theo-24, Theolair, Uniphyll, Slo-Phyllin
Vitamins A,C,D and E	In doses >1000u
Ranitidine (1 day)	Zantac
Cimetidine (1 day)	Tagamet
Nizatidine (1 day)	Axid
Famotidine (1 day)	Pepcid

Benzodiazepines (7 days)		Atypical Antidepressants/Sedatives (7 days)	
Clonazepam	Klonopin	Bupropion	Wellbutrin
Diazepam	Valium	Eszopiclone	Lunesta
Lorazepam	Ativan	Mirtazapine	Remeron
Midazolam	Versed	Quetiapine	Seroquel
Alprazolam	Xanax	Trazodone	Oleptro, Desyrel
Temazepam	Restoril	Zolpidem	Ambien
Varenicline	Chantix	Buspirone	Buspar

Tricyclic Antidepressants and Tranquilizers (7 days) You must OK stopping these with the prescribing doctor	
Amitriptyline	Elavil, Endep, Etrafon, Limbitrol, Vanatrip
Amoxampine	Asendin
Clomipramine	Anaframil
Desipramine	Norpramin
Doxepin	Adapin, Sinequan (8 days), Zonalon (+topical) (14 days)
Imipramine (14 days)	Tofranil
Nortriptyline	Aventyl HCL, Pamelor
Protriptyline	Vivactil
Trimipramine	Surmontil

You must have approval to stop taking any Betablocker medication from the doctor that prescribed it. That doctor may want to prescribe a replacement medication for you to take for the 3 days before your testing
This list is not all inclusive. Check with your doctor or pharmacist if your medication contains a betablocker

Beta Adrenergic Blocking Agents – Betablockers (3 days) Anaphylaxis may be more difficult to treat	
Acebutolol -(B1 selective)	Sectral Capsules
Atenolol -(B1 selective)	Tenoretic 50 & 100, Tenormin
Betaxolol - (B1 selective)	Betoptic & S (Ophthalmic / eye drops), Kerlone
Bisoprolol -(B1 selective)	Zebeta, Ziac,
Carteolol (NS)	Cartrol Filmtab Tabs, Ocupress (Ophthalmic / eye drops)
Carvedilol (NS)	Coreg
Esmolol HCL (NS)	Brevibloc Injection
Labetalol (NS)	Normodyne, Trandate
Levobunolol	AK-Beta, Betagan Liquifilm(Ophthalmic / eye drops)
Levobetaxolol	Betaxon
Metipranolol	OptiPranolol (Ophthalmic / eye drops)
Metoprolol -(B1 selective)	Lopressor + Lopressor HCT, Toprol-XL
Nadolol (NS)	Corgard, Corzide, Nadolol Tabs
Penbutolol (NS)	Levatol
Pindolol (NS)	Visken
Propranolol (NS)	Inderal, Inderide
Sotalol - (B1 selective)	Betapace, Sorine

Timolol + Timolol Maleate (NS)	Betimol, Blocarden, Ocumeter, Timolide tabs, Cosopt, Occudose, Timoptic, XE, (Ophthalmic / eye drops)
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Herbal Supplements: Do not take 7 days before allergy testing:

Decrease test results	Decrease test results	Increase test results
Licorice	St. John's Wort	Milk Thistle
Green Tea (150mg)	Feverfew (500mg)	Astragalus (250mg)
Saw Palmetto(500mg)	Milk Thistle (200 mg)	Licorice (500 mg)

Please refrain from eating large amounts of the following foods 24 hours before testing, they contain natural antihistamines.

Vitamin A - examples: carrots, spinach, mangoes, tomatoes, dark green leafy vegetables.

Vitamin C - examples: apples, berries, citrus fruits, and pineapples

Omega-3/ Fish oil - examples: salmon and walnuts

THE FOLLOWING MEDICATIONS SHOULD BE CONTINUED:

- ALL ASTHMA MEDICATIONS
- Nasal sprays, except those listed above
- You may continue use of: Regular Tylenol, Aspirin, Birth Control, Hormones, Antibiotics

THE DAY OF YOUR TEST:

- Please do NOT apply any lotions to your arms or back.
- Please refrain from using perfumes and colognes until you leave the building. The allergy injection area is nearby. Those patients are very sensitive to fragrance, and may cause them to have respiratory issues.