

## SPECIAL NOTE FOR PATIENTS SCHEDULING ALLERGIST APPOINTMENTS

When making your appointment with your Allergist, please be advised that you should be off of antihistamines for 7 days prior to your visit so that you can be skin tested.

### **Medications to Avoid for Allergy Skin Testing**

Antihistamines interfere with skin testing. You will need to stop taking most antihistamines for several days before testing. If you find it difficult to avoid antihistamines, come to your appointment anyway. We can still treat your allergic/asthmatic condition and do blood allergy tests and/or skin tests at a later date if indicated. There is no need to stop asthma medications (including asthma inhalers, Singulair, and oral prednisone) and topical steroid nose sprays before skin testing.

The following are guidelines for avoiding antihistamines before skin testing:

- **Prescription antihistamines** — stop **seven days** prior to appointment.
- **Over-the-counter non-sedating antihistamines** cetirizine (Allertec, Zyrtec), loratidine (Alavert, Claritin, etc.) — stop **seven days** prior to appointment.
- **All other over-the-counter antihistamines** — Some of these include Diphenhydramine (Benadryl), Chlorpheniramine (one brand name: Chlor-Trimaton), Brompheniramine (one brand name: Dimetapp Cold and Allergy Elixir), Doxylamine (two brand names: Vicks NyQuil, Alka-Seltzer Plus Night-Time Cold Medicine), and Dimenhydrinate (one brand name: Dramamine). — stop **72 hours** prior to appointment.
- **Astelin, Astepro, and Patanase Nose Spray**— stop **three days** prior to appointment.
- **Hydroxyzine (Atarax, Vistaril)** — stop **seven days** prior to appointment.
- **Benzodiazepines:** Ativan (lorazepam), Dalmane (flurazepam), Halcion(triazolam), Klonopin (clonazepam), Librium (chlordiazepoxide), Restoril (temazepam), Serax (oxazepam), Valium (diazepam), Xanax (alprazolam), and others not listed, **stop seven days prior to appointment after getting permission from your primary care clinician!**
- **H-2 blockers:** Axid (nizatadine), Pepcid (famotadine), Tagamet (cimetidine), Zantac (ranitidine), others not listed, stop **seven days** prior to appointment.
- **Tricyclics/Tetracyclics:** amitryptiline, Norpramin (desipramine), Pamelor (nortriptyline), Remeron (mirtazapine), Seroquel (quetiapine), Sinequan (doxepin), Tofranil (imipramine) — **stop seven days prior to appointment after getting permission from your primary care clinician!**