PLEASE STOP ANTIHISTAMINES 7 DAYS PRIOR TO ALLERGY SKIN TESTING

***Do not stop asthma medications or any other medications that do not contain antihistamine!**
****If you have major hives or swelling, do not stop your antihistamines.**
*****Do not use oil, cream or lotion on the back or arms for 24 hours prior to skin testing.**

COMMON MEDICATIONS CONTAINING ANTIHISTAMINES

Actifed (chlorpheniramine)
Advil PM, Advil Allergy
Alavert/Claritin (loratadine)
Allegra (fexofenadine)
Alka Seltzer P.M.
Amitriptyline (Elavil)
Antivert (meclizine)
Astelin Nasal Spray (azelastine)
Astepro Nasal Spray (azelastine)
Atarax (hydroxyzine)
Azelastine nose spray (Astepro, Astelin)
Benadryl (diphenhydramine)
Bonine (meclizine)
Cetirizine (Zyrtec)
Chlorpheniramine (Chlor-Trimeton)
Chlor-Trimeton (chlorpheniramine)
Cimentidine (Tagament)
Clarinex (desloratadine)
Claritin (loratadine)
Clemastine (Tavist)
Comtrex
Contac
Cyproheptadine (Periactin)
Desipramine (Norpramine
Desloratadine (Clarinex)
Dimenhydrinate (Dramamine)
Diphenhydramine (Benadryl)
Dimetane
Dimetapp (brompheniramine)
Doxepin (Sinequan, Adapin)
Dramamine (dimenhydrinate)
Drixoral
Duravent LA
Elavil (amitriptyline)
Excedrin PM
Famotidine (Pepcid)
Fexofenadine (Allegra)
Hydroxyzine (Atarax, Vistaril)
Imipramine (Tofranil)
Levocetirizine (Xyzal)
Loratadine (Claritin)
Meclizine (Antivert, Bonine)
Norpramine (desipramine)
Nortriptyline (Pamelor)
Nyquil
Olopatadine (Patanase nasal spray)
Pamelor (nortriptyline)
Patanase Nasal Spray (olopatadine)
Pediacare
Pepcid (famotidine)
Periactin (cyproheptadine)
Phenergan (promethazine)
Promethazine (Phenergan)
Protriptyline (Vivactil)
Ranitidine (Zantac)
Robitussin Allergy
Rondec
Sinequan (doxepin)
Sominex
Sudafed Cold/Plus (Plain Sudafed is okay)
Surmontil (trimipramine)
Tagament (Cimentidine)
Tavist (clemastine)
Theraflu
Tofranil (imipramine)
Trazodone
Tylenol PM and over the counter sleeping aids
Tussionex (chlorpheniramine)
Unisom
Vistaril (hydroxyzine)
Zantac (ranitidine)
Zyrtec (cetirizine)
Xyzal (levocetirizine)

* **Cough/Cold/Allergy or Sinus medications** bought over the counter may have antihistamine in them.

* **Sleeping aids over the counter** often contain antihistamines and should be stopped. Prescription medications for sleep that do not contain antihistamines may be continued. Stop **Trazodone, Amitriptyline (Elavil), Doxepin, Desipramine and Imipramine**, which are also prescribed for pain, sleep, or depression.

* Antihistamine allergy eye drops **(Patanol, Pataday, Olopatadine, Elestat, Optivar, Bepreve**) and other over the counter allergy eye drops such as **Zaditor, Ketotifen, Naphcon-A, Opcon-A, Visine AC and all generic allergy eye drops** must be stopped.

MEDICATIONS THAT ARE OKAY:

* Asthma inhalers (**Flovent, Advair, Symbicort, Asmanex, Dulera, Qvar, Alvesco**) and **Singulair**.
* **Plain Sudafed (pseudoephedrine) and phenylephrine** when not added in with an antihistamine
* **Afrin (oxymetazoline) and NeoSynephrine (phenylephrine),** decongestant nose sprays
* All steroid nose sprays (**Fluticasone, Flonase, Nasonex, Nasacort AQ, Veramyst, and Omnaris**).