MEDICATIONS THAT MAY INTERFERE WITH ALLERGY SKIN TESTING USED TO DETECT ALLERGIC ANTIBODIES (IgE)

In order to obtain accurate results, the following is a list of medications that should be stopped before allergy skin testing for airborne allergens and foods. This type of testing would be performed to determine whether allergic antibodies (IgE) are causing nose problems (rhinitis), asthma or food allergy. We understand that some of these medications may be difficult to stop. If you have concerns about stopping any of the following medications please discuss this with your referring physician’s office. If you have any questions about this information, please contact our office at 336.716.4332.

AVOID THE FOLLOWING FOR AT LEAST 3 (AND IDEALLY 7) DAYS PRIOR TO SKIN TESTING
1. Antihistamines, Oral*
   Check the ingredient listing for any over-the-counter allergy, cold, flu or sinus medications, to see if they contain any of the following antihistamine ingredients.
   - Allegra (fexofenadine)   Atarax, Vistaril (hydroxyzine)
   - Benadryl (diphenhydramine)  Claritin (loratadine)
   - Clarinex (desloratadine)  Chlortrimeton (chlorpheniramine)
   - Dimetapp (brompheniramine)  Tavist (clemastine)
   - Zyrtec (cetirizine)  Xyzal (levocetirizine)

2. Antihistamines, Nasal
   - Astelin (azelastine)
   - Patanase (olopatadine)

3. Over the counter sleep medications that contain diphenhydramine
4. Some anti-nausea drugs
   - Compazine (Prochlorperazine) withhold 3 days
   - Phenergan (Promethazine) withhold 3 days

AVOID THE FOLLOWING FOR AT LEAST 7 DAYS (IF POSSIBLE) PRIOR TO SKIN TESTING
Some antidepressants (some also are sometimes used to treat pain)
   - Amitriptyline (Elavil), amoxapine (Asendin), desipramine (Nupramin), doxepin, imipramine (Tofranil), maprotiline (Ludiomil), mirtazapine (Remeron), nefazadone (Serzone), nortriptyline (Pamelor, Aventyl), protriptyline (Vivactil), trazadone (Desyrel), trimipramine (Surmontil)
Certain other medications used in psychiatry: chlorpromazine, haloperidol (Haldol)

BEST TO AVOID TAKING THE MORNING OF TESTING
   - Some anti-stomach acid medicines (H2 blockers, end with ..“tidine”): cimetidine (Tagamet); famotidine (Pepcid), nizatidine (Axid), ranitidine (Zantac).
   - Note that it is OK to take other types of anti-acid medicines that have chemical names that end in “azole” such as include omeprazole (Prilosec), rabeprazole (Aciphex), Nexium

IT IS OK TO TAKE THE FOLLOWING
- nasal corticosteroid sprays: beclomethasone, budesonide (Rhinocort), fluticasone propionate (Flonase), fluticasone furoate (Veramyst), mometasone (Nasonex)
- nasal decongestants, oral (pseudoephedrine, phenylephrine – if they are not combined with antihistamines); nasal decongestant sprays (oxymetazoline, phenylephrine)
- nasal ipratropium (Atrovent nasal)
- asthma inhalers
- montelukast (Singulair)