

## **Medications to avoid for allergy testing**

Antihistamines need to be stopped 7 days prior to testing. **Many over the counter cold, cough, sleep, nausea and vertigo medications contain antihistamines.** Make sure you read the labels carefully. Holistic medications need to be stopped 48 hours prior to testing.

- Cetirizine (Zyrtec)
- Desloratadine (Clarinex)
- Fexafenadine (Allegra)
- Loratadine (Claritin, Alavert)
- Levocetirizine (Xyzal)
- Diphenhydramine (Benadryl)

Nasal sprays and eye drops to be stopped 7 days prior to testing.

- Azelastine (Astelin, Astepro, Optivar)
- Ketotifen (Zaditor)
- Olapatadine (Pataday, Patanase)

Antacids (H2 blockers) to stop 3 days prior to testing.

- Tagamet (Cimetidine)
- Pepcid (Famotidine)
- Axid (Nizatidine)
- Zantac (Ranitidine)

Steroids need to be stopped 4 weeks prior to testing. This includes oral steroids, creams, injections, etc. Please contact the office prior to testing if you are taking any older antidepressants or beta blockers as we will need you to obtain instructions from the prescribing physician prior to testing.

Medications that will NOT interfere with testing.

- Singulair
- Nasal sprays- Nasacort, Nasonex, Veramyst, Flonase, Rhinocort, Omnaris
- Asthma/COPD medications- Asmacort Asmanex, Flovent, Pulmicort, Qvar, Advair, Symbicort, Xopenex, Albuterol, Serevent

**PLEASE WEAR A SHORT SLEEVE SHIRT.**