

# Medication Restrictions for Skin Testing

## Medication restrictions for skin testing

Please review the list of medications below that we request you stop taking for a certain time period before your appointment. These medications can affect your skin testing results. If you continue your medications, please let your provider know at your appointment. If you are taking daily oral steroids, please check with us to see if any modifications are needed. **Please keep this sheet for future reference.** Please note this list is not inclusive of all medications. Contact your provider with other questions.

### Stop taking **1 week** before your appointment

Axid (Nizatidine)	Olepro, Desyrel (Trazadone)	Tagamet (Cimetidine)
Elavil/Vanatrip (Amitriptyline)**	Pepcid (Famotidine)	Zantac (Ranitidine)

If it is not possible to stop these medications before your visit, please contact our office so that we may substitute another medication before your scheduled appointment.

### Stop taking **5 days** before your appointment

#### PRESCRIPTION MEDICATIONS OR OVER-THE-COUNTER

##### ANTIHISTAMINES:

Allegra (Fexofenadine)  
AlleRx  
Antivert/Bonine (Meclizine)  
Astelin/Astepro (Azelastine)  
Atarax/Vistaril (Hydroxyzine)  
Benadryl (Diphenhydramine)  
Bromfed/Dimetapp Allergy  
(Brompheniramine)  
Chlorpheniramine  
Cardec (DM) Chlor-Trimeton  
Deconamine Extendryl  
Nasohist B Rhinosyn  
Sudafed Plus Triaminic  
Clarinet (Desloratadine)  
Claritin/Alavert (Loratadine)  
Dexchlor ER (Dexchlorpheniramine)  
Dramamine (Dimenhydrinate)  
Dymista (Azelastine and Fluticasone)  
Optimine (Azatadine)  
Pelamine  
Periactin (Cyproheptadine)  
Phenergan (Promethazine)  
Polaramine (Dexchlorpheniramine)  
Rynatan  
Tavist-D (Clemastine)  
Triplen (Tripeleminamine)  
Xyzal (Levocetirizine)  
Zyrtec (Cetirizine)

#### COMBINATION MEDICATIONS\*:

Tylenol Cold & Sinus  
Pain/PM medications  
Vicks Formula 44 (Doxylamine)  
Vicks Multi-Symptom Nyquil

\* Cold & sleep aid medications may contain antihistamines.

#### SLEEP AIDS & ANTIDEPRESSANTS\*\*:

Anafranil  
Desipiramine  
Desyrel  
Doxepin  
Nortriptyline  
Sinequan

\*\* These medications should not be modified without talking to your prescribing physician. Please notify the clinic in advance if you are taking any of these medications.

#### HERBAL SUPPLEMENTS

Various supplements including butterbur, St. John's Wort, etc., may have an impact on skin testing results. Discontinue herbal supplements five days prior to testing. Contact your provider if you have questions regarding specific supplements.

### Check with your provider

#### BETA BLOCKERS FOR HYPERTENSION \*\*\*:

Betapace (Sotalol)  
Blocadren (Timolol Maleate)  
Brevibloc (Esmolol)  
Cartrol (Carteolol)  
Coreg (Carvedilol)  
Corgard/Corzide (Nadolol)  
Inderal (Propranolol)  
Inderide (Propranolol HCTZ)  
Kerlone (Betaxolol HCl)  
Levotol (Penbutolol Sulfate)  
Lopressor (Metoprolol Tartrate)  
Normodyne (Labetalol)  
Normozide (Labetalol HCl)  
Sectral (Acebutolol HCl)  
Tenormin (Atenolol)  
Tenoretic (Atenolol Chlorothalidone)  
Timolide (Timolol Maleate)  
Toprol-XL (Metoprolol Succinate)  
Trandate (Labetalol)  
Visken (Pindolol)  
Zebeta (Bisoprolol Fumarate)  
Ziac (Bisoprolol Fumarate HCTZ)

\*\*\* If you take a beta blocker, please contact your doctor. They may ask you to pause taking a dose prior to your visit.

### The following medications are **okay to continue taking**:

Aciphex (Rabeprazole)	Nasal sprays (except Astelin and Dymista)	Prilosec (Omeprazole)
All asthma inhalers	Nexium (Esomeprazole)	Singulair (Montelukast)
Most non-drowsy medications	Prevacid (Lansoprazole)	Sudafed (Pseudoephedrine)
Mucinex (Guaifenesin)		

