

## MEDICATIONS THAT INTERFERE WITH ALLERGY TESTING

Certain medications, particularly antihistamines, can interfere with allergy skin testing. Antihistamines are found in many over-the-counter medications. To ensure accurate test results, it's important to stop taking these medications at least 5-7 days before your appointment if allergy skin testing is recommended.

If you're currently experiencing skin symptoms such as hives (urticaria), swelling (angioedema), or were prescribed antihistamines for a severe allergic reaction (anaphylaxis), **DO NOT** discontinue them without contacting our office.

If you have questions about medications that could affect skin testing or if you're unable to stop these medications in time for your visit, please send us a message through the patient portal or call our office at (281) 649-7000.

### ASTHMA INHALERS

**Continue** taking your asthma medications, as no asthma medication will block allergy testing.

**Hold the following for one (1) week prior to your visit.**

#### ORAL ANTIHISTAMINES

- Allegra (Fexofenadine)
- Benadryl (Diphenhydramine)
- Chlor-Trimeton (Chlorpheniramine)
- Claritin (Loratadine)
- Clarinex (Desloratadine)
- Hydroxyzine (Atarax, Vistaril)
- Periactin (Cyproheptadine)
- Tavist (Clemastine)
- Xyzal (Levocetirizine)
- Zyrtec (Cetirizine)
- Carbinoxamine

#### NASAL SPRAYS & EYE DROPS

- Astelin (Azelastine)
- Astepro (Azelastine)
- Dymista (Azelastine/Fluticasone)
- Patanase (Olopatadine)
- Ryaltris (Olopatadine/Mometasone)
- Bepreve (Bepotastine)

- Clear Eyes (Olopatadine)
- Elestat (Epinastine)
- Lastacaft (Alcaftadine)
- Optivar (Azelastine)
- Pataday (Olopatadine)
- Patanol (Olopatadine)
- Pazeo (Olopatadine)
- Zaditor (Ketotifen)

#### OTC MEDICATIONS AND SUPPLEMENTS

- All cold/flu/sinus medications with diphenhydramine
- Melatonin
- Quercetin
- Dramamine
- Meclizine

#### ANTACID MEDICATIONS (H2 BLOCKERS)

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

### ORAL STEROIDS

Call us if you are on more than 20 mg of Prednisone or 16 mg of Medrol per day. **DO NOT STOP** taking these medications unless directed by a physician.

### OTHER MEDICATIONS

If you are taking these medications, please call the office prior to discontinuing. **DO NOT DISCONTINUE** unless instructed by a physician.

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|---|------------------------------|----------------------------|
| • Abilify (Aripiprazole)                            | • Doxepin (Sinequan, Adapin) | • Trazodone                |
| • Amitriptyline (Elavil, Endep, Triavil, Limbitrol) | • Imipramine (Tofranil)      | • Trimipramine (Surmontil) |
| • Amoxapine (Asendin)                               | • Nortriptyline (Pamelor)    | • Zyprexa (Olanzapine)     |
| • Clomipramine (Anafranil)                          | • Phenergan (Promethazine)   | • Mirtazapine (Remeron)    |
| • Compazine (Prochlorperazine)                      | • Protriptyline (Vivactil)   | • Ambien (Zolpidem)        |
| • Desipramine (Norpramin)                           | • Seroquel (Quetiapine)      | • Benzodiazepines          |
|   |                              | • Doxepin                  |
|   |                              | • TCA's                    |