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**\*\*VERY IMPORTANT PLEASE READ\*\***

**MEDICATIONS TO STOP PRIOR TO ALLERGY TESTING**

AS A GENERAL RULE ALL ORAL ALLERGY,  
COLD AND SINUS MEDICATIONS NEED TO BE  
STOPPED 5 DAYS PRIOR TO SKIN TESTING.

THIS INCLUDES OVER THE COUNTER MEDICATIONS  
AND HERBAL SUPPLEMENTS

PLEASE REVIEW LABELS OF ALL YOUR MEDICATIONS AND SUPPLEMENTS. OTHER  
CLASSES OF MEDICATIONS THAT **MAY INTERFERE** WITH SKIN TESTING INCLUDE:

- ☐ SLEEP MEDICATIONS (IE TYLENOL PM)
- ☐ TRICYCLIC ANTI DEPRESSANTS
- ☐ ANTI ANXIETY MEDICATIONS
- ☐ STOMACH ACID MEDICATIONS
- ☐ PREDNISONE (chronic use)

Chronic use = >10mg/day for more than 2 weeks.

If used chronically – off 2 weeks prior to testing. Ask your MD how to taper off.

If not chronic use – no need to go off of it.

IT IS **OKAY TO CONTINUE:**

- ☐ ASTHMA INHALERS
- ☐ ECZEMA CREAM/OINTMENTS
- ☐ PSEUDOEPHEDRINE
- ☐ GUAIFENESIN
- ☐ DEXTROMETHORPHAN
- ☐ NASAL SPRAYS (EXCEPT ASTELIN, PATANASE, ASTEPRO, DYMISTA)
- ☐ ANTIBIOTICS
- ☐ ORAL CONTRACEPTIVES

PLEASE SEE THE REVERSE SIDE OF THIS PAPER FOR A LIST OF SPECIFIC MEDICATIONS.

IF YOU ARE ON AN ALLERGY MEDICATION AND DO NOT SEE IT ON THE LIST PLEASE  
CALL OUR OFFICE TO BE SURE IT IS OKAY TO CONTINUE TAKING IT.

The following is a list of medications that needs to be stopped before skin testing in order to obtain accurate results. We understand that some of these may be difficult to stop. If you have concerns about stopping any of the following medications please discuss this with your physician's office and let us know.

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**Medications to STOP 7-14 days prior to Testing**

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Amitriptyline (Elavil)  
Clomipramine (Anafranil)  
Doxepin (Sinequan)  
Imipramine (Tofranil)  
Trimipramine (Surmontil)  
Amoxapine (Asendin)  
Desipramine (Nupramin)  
Dymista

Nortriptyline (Pamelor, Aventyl)  
Protriptyline (Vivactil)  
Maprotiline (Ludiomil)  
Mirtazapine (Remeron)  
Trazadone (Desyrel)  
Nefazadone (Serzone)  
Astelin (Azelastin)/Astepro  
Patanase (Olopatidine)

\*Please consult with your physician before stopping any of these medications if you take them on a regular basis.

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**Medications to STOP 5-7 days prior to Testing**

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Advil PM  
Allegra (Fexofenadine)  
Clarinet (Desloratidine)  
Claritin (Loratidine)  
OTC Cough/Cold Medication

Periactin (Cyproheptadine)  
Quercetin  
Tylenol PM  
Xyzal  
Zyrtec (Cetirazine)

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**Medications to STOP 3-4 days prior to Testing**

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Actifed, Dimetapp (Brompheniramine)  
Atarax, Vistaril (Hydroxyzine)  
Benadryl (Diphenhydramine)  
Chlortrimeton (Chlorpheniramine)  
Dexchlorpheniramine (Polaramine)  
Phenergan (Promethazine)

Vitamin C  
All allergy eye drops OTC and RX (as tolerated)  
Compazine (Prochlorperazine)  
Tavist, Antihist (Clemastine)  
Nettle (herbal medication)

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**Medications to Stop the day before Testing**

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Singulair (Montelukast)  
Zyflo (Zileuton)  
Accolate (Zafirlukast)  
Reglan (Metoclopramide)  
Prevacid  
Ranitidine (Zantac)  
Cimetidine (Tagamet)  
Famotidine (Pepcid) & Pepcid Complete  
Nizatidine (Axid)

Dexilant (dexlansoprazole)  
Protonix  
Prilosec (Omeprazole)  
Nexium  
Omeprazole  
Kapidex  
Aciphex  
Zegerid