ALLERGY & IMMUNOLOGY

(303) 440-3083

Boulder Medical Center

VERY IMPORTANT. PLEASE READ!

Medications To Stop Before Allergy Testing

As a general rule all oral allergy, cold, and sinus medications need to be stopped 5 days prior to skin testing, **including over the counter medications (OTC) and herbal supplements**.

Please review the labels of each of your medications and supplements. Other classes of medications that may interfere with skin testing include:

- Sleep Medications (Tylenol PM)
- Tricyclic Antidepressants
- Anti-Anxiety Medications
- Stomach Acid Medications
- Prednisone (Appropriate allergy testing for patients requiring prednisone will be determine by the provider.)

It Is **Okay to Continue**:

- Asthma Inhalers
- Eczema Cream/Ointments
- Pseudoephedrine
- Guaifenesin
- Dextromethorphan
- Nasal Sprays (Except Astelin, Patanase, Astepro, Dymista)
- Antibiotics
- Oral Contraceptives

Please review the complete list of specific medications to stop on the next page. If you are taking allergy medication and do not see it on the list, please call our office to be sure it is okay to continue taking it.

To ensure your skin test results are accurate, the following medications must be stopped before testing We understand that some medications may be difficult to stop. If you have concerns, please talk with your primary care provider and let us know.

Medications to **STOP 7-14 days before testing**

Amitryptyline (Elavil)
Astelin (Azelastin)/Astepro
Amoxapine (Asendin)
Clomipramine (Anafranil)
Desipramine (Nupramin)
Dymista
Doxepin (Sinequnan)
Imipramine (Tofranil)
Maprotiline (Ludiomil)
Mirtazapine (Remeron)
Nefazadone (Serzone)
Nortiptyline (Pamelor, Aventyl)
Patanase (Olopatidine)
Protriptyline (Vivactil)
Trazadone (Desyrel)
Trimipramine (Surmontil)

Please consult with your primary care provider before stopping any of these medications if you take them regularly.

Medications to **STOP 5-7 days before testing**

Advil PM
Allegra (Fexofenadine)
Clarinex (Desloratidine)
Claritin (Loratidine)
OTC Cough/Cold Medication
Periactin (Cyproheptadine)
Quercetin
Tylenol PM
Xyzal
Zyrtec (Cetirizine)

Medications to **STOP 3-4 days before testing**

Actifed, Dimetapp (Brompheniramine)
All allergy eye drops (OTC and prescription, as tolerated)
Atarax, Vistaril (Hydroxyzine)
Benadryl (Diphenhydramine)
Chlortrimetron (Chlorpheniramine)
Compazine (Prochlorperazine)
Dexchlorpheniamine (Polaramine)
Nettle (herbal medication)
Phenergan (Promenthazine)
Tavist, Antihist (Clemastine)
Vitamin C

Medications to **STOP the day before testing**

Accolate (Zafirleukast)
Aciphex
Cimetidine (Tagamet)
Famotidine (Pepcid) & Pepcid Complete
Kapidex
Nexium
Nizatidine (AxidDexilant (dexlansoprazole))
Omeprazole
Prilosec (Omeprazole)
Prevacid
Protonix
Ranitidine (Zantac)
Reglan (Metoclopramide)
Singulair (Montelukast)
Zegerid
Zyflo (Zileuton)