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Your skin testing or food/medication challenge has been scheduled for _____.

The following is a list of commonly used antihistamines and medications, which can interfere with and reduce the accuracy of allergy testing. Please read carefully the times a medication needs to be discontinued prior to testing:

Avoid the following antihistamine medications for 3 full days prior to skin testing:

Benadryl=diphenhydramine	Phenergan cough syrup=promethazine
Ru-Tuss, Triaminic=pheniramine	Polaramine=tripelenamine
Dramamine, Bonine=meclizine	Bromfed, Dimetapp=brompheniramine
Nolahist, Nolamine=phenindamine	Actifed=triprolidine
Trinalin=azatadine	

Avoid the following antihistamine medications for 5 full days prior to skin testing:

Atarax=hydroxyzine	Allegra=fexofenadine
Polaramine=dexachlorpheniramine	Zyrtec=cetirizine

Avoid the following antihistamine medication for 7 full days prior to skin testing:

Claritin=loratidine	Clarinex=desloratidine
Tavist=clemastine	Xyzal=levocetirizine

Avoid the following antihistamine for 9 full days prior to skin testing:

Periactin=cyproheptadine

Avoid the following nasal antihistamine sprays for 5 days prior to skin testing:

Dymista, Astepro, Astelin=azelastine	Patanase=olapatadine
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Avoid the following stomach medications for 3 days prior to skin testing:

Zantac=ranitidine	Tagamet=cimetidine
Pepcid=famotidine	Axid=nizatidine

Please inform your allergist prior to your testing appointment if you are on any of the medications listed below. DO NOT STOP THEM.

Norpramin=desipramine	Celexa=citalopram
Tofranil=imipramine	Remeron=mirtazapine
Deptran, Sinequan=doxepin	Zyprexa=olanzapine
Xanax=alprazolam	Ativan=lorazepam
benzodiazepine	

Allergy eye drops and intranasal steroid sprays will not interfere with testing, such as:

Flonase=fluticasone, Nasonex, Zetonna, Nasacort=triamcinolone, Rhinocort, QNASL

Please remember the following prior to testing:

1. Over the counter medications that state PM may contain an antihistamine
2. If you are unsure, ask your pharmacist if the medication you are taking contains an antihistamine.
3. If you have a fever within 24 hours or asthma symptoms before your appointment, call the office.
4. **Please wear short sleeves**