

# **MEDICATIONS TO AVOID FOR ONE WEEK** **PRIOR TO SKIN TESTING**

## **ANTI-HISTAMINES** (stop most for 5-7 days)

### **ORAL MEDICATIONS**

Alavert (loratadine)  
Allegra (fexofenadine)  
Claritin (loratadine)  
Chlor-Trimeton (chlorpheniramine)  
Clarinex (desloratadine)  
Clemastine (11 days)  
Cyproheptadine (11 days)  
Hydroxyzine, Vistaril  
Meclizine  
Atarax (doxepin)  
Benadryl (diphenhydramine)  
Zyrtec (cetirizine)  
Xyzal (levocetirizine)

### **NASAL SPRAYS**

Dymista (contains azelastine)  
Patanase (olopatadine)  
Astelin or Astepro (azelastine)

### **EYE DROPS**

Elestat (epinastine)  
Optivar (azelastine) (2 days)  
Pataday, Pazeo, Patanol, Olopatadine  
Bepreve  
Lastacaft, Livostin  
Alaway, Zaditor, Claritin (ketotifen)  
OpCon-A, Visine-A  
Zyrtec (cetirizine)  
Xyzal (levocetirizine)

## **ANTI-HISTAMINES may be present in products with the following words in its description:**

Allergy (Diphenhydramine), Cold, Cough, Sinus, Multi-symptom, Nytol, Sleep Aids (Sominex/Benadryl), Tylenol PM or Advil PM.

Examples include the following:

Contac  
Dimetapp  
Diphenhydramine  
Pediacare  
Robitussin

Triaminic  
Tylenol PM (Diphenhydramine)  
Vicks Nyquil  
Tussionex (chlorpheniramine)

## **TRICYCLIC ANTIDEPRESSANTS**

Amoxapine (Asendin)  
Amitriptyline (Elavil, Tryptizol, Laroxyl)  
Clomipramine (Anafranil)  
Desipramine (Norpramin, Pertofrane)  
Doxepin (Adapin, Sinequan)  
Imipramine (Tofranil, Janimine, Praminil)  
Nortriptyline (Pamelor, Aventyl)  
Protriptyline (Vivactil)  
Trimipramine (Surmontil)

## **OTHER MEDICATIONS**

Zantac (Ranitidine), Pepcid (Famotidine) (1 day)  
Zonalon (Doxepin) anti itch cream (for 11 days)  
Ativan (Lorazepam), Klonopin (Clonazepam),  
Valium (Diazepam), Versed (Midazolam) (7 days)  
  
Ambien (Zolpidem), Lunesta (Eszopiclone),  
Trazadone, and Bupropion (Wellbutrin) (all 3 days)  
  
Mirtazapine (Remeron), Quetiapine (Seroquel)  
(both for 7 days)

## **SSRI, SNRI, and PPI - NO need to stop**

### **SSRI**

Celexa (Citalopram)  
Lexapro (Escitalopram)  
Paxil, Pexeva (Paroxetine)  
Prozac (Fluoxetine)  
Zoloft (Sertraline)

### **SNRI**

Cymbalta (Duloxetine)  
Effexor (Venlafaxine)  
Ixen (Milnacipran)  
Pristiq (Desvenlafaxine)  
Savella (Milnacipran)

### **PPI**

Aciphex (Rabeprazole)  
Dexilant (dexlansoprazole)  
Nexium (Esomeprazole)  
Prevacid (Lansoprazole)  
Prilosec (Omeprazole)  
Protonix (Pantoprazole)  
Zegerid (Omeprazole)

## **HERBAL SUPPLEMENTS**

Licorice  
Green Tea  
Saw Palmetto  
St. John's Wort  
Feverfew