



# INDIANA ALLERGY & ASTHMA

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## **Medications to Stop For Allergy Testing**

For accurate skin testing all oral allergy, cold, and sinus medications need to be stopped 7 days prior to appointment. This includes over the counter medications and herbal supplements. Please wear short-sleeve or sleeveless clothing to the testing appointment.

### **Other classes of medications that may interfere with skin testing:**

- Sleep Medications (e.g., Tylenol PM)
- Tricyclic Antidepressants
- Anti-anxiety Medications
- Stomach Acid Medications
- Prednisone (chronic use\*)

\*Chronic use of more than 10mg/day for more than 2 weeks.

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

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

**It is okay to continue:** Asthma Inhalers, Pseudoephedrine, Guaifenesin, Dextromethorphan, Nasal Sprays (Except Astelin, Patanase, Astepro, Dymista), Antibiotics, Oral Contraceptives

### **Specific Medications**

The following is a list of medications that need 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. 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.

<b>Medications to STOP 7 days prior to Testing</b>	<b>Medications to STOP 2-3 days prior to Testing</b>
Claritin (Loratidine) Allegra (Fexofenadine) Clarinex (Desloratidine) Periactin (Cyproheptadine) Quercetin Xyzal (Levocetirazine) Zyrtec (Cetirazine)	Actifed, Dimetapp (Brompheniramine) Atarax, Vistaril (Hydroxyzine) Benadryl (Diphenhydramine) Chlortrimetron (Chlorpheniramine) Dexchlorphenamine (Polaramine) Phenergan (Promethazine) Compazine (Prochlorperazine) Tylenol PM Advil PM Tavist, Antihist (Clemastine) Nettle (herbal medication)