

Allergy and Asthma Associates, P.A.
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Prior to Allergy Testing – Medications to HOLD

Medications that block histamine can prevent the accurate determination of allergic sensitization by skin testing. **Please stop antihistamines seven (7) days prior to allergy testing.** If for any reason these medications cannot be stopped please notify the office.

ANTI-HISTAMINES

Common OTC antihistamines include:

Claritin (loratadine)
Zyrtec (cetirizine)
Allegra (fexofenadine)
Benadryl (diphenhydramine)

Chlor-Trimeton (chlorpheniramine)
Common prescription antihistamines:
Vistaril or Atarax (hydroxyzine)
Periactin (cyproheptadine)
Doxepin

OTC (Over the Counter) COLD MEDICATIONS

Many OTC (over-the-counter) cold medications contain antihistamines. Carefully check the active ingredients for any antihistamines or call the office with any questions. Any medication with PM on the label should be verified to see if Benadryl (diphenhydramine) is an ingredient. Examples to stop include but are not limited to Tylenol PM, NyQuil or ZzzQuil.

ANTI-HISTAMINES EYE DROPS OR NASAL SPRAY USAGE SHOULD BE AVOIDED FOR 48 HOURS PRIOR TO ALLERGY TESTING

A complete list of medications to stop prior to testing may be found on our website [@www.annapollendocs.com](http://www.annapollendocs.com) under the Welcome New Patients tab.

ANTIDEPRESSANTS AND MOOD STABILIZERS

Older tricyclic antidepressants have significant antihistamine properties. Many newer agents do not block histamine and patients can be tested while on these medications. Never stop these medications without guidance from your primary care or mental health provider. Please call the office with any specific questions.

DO NOT STOP ASTHMA MEDICATIONS!

Maintenance asthma medications do not interfere with testing. Stopping these medications may put you at risk for an asthma attack or worsening of asthma control.

This includes all inhaled medications including steroids and albuterol. There is no need to stop leukotriene modifiers: Singulair (montelukast), Accolate (zafirlukast), Zyflo (zileuton).