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### **Avoiding antihistamines in preparation for skin testing:**

Allergy skin testing is often used to help determine environmental, food or drug allergies. Many skin prick tests are often placed during a new visit. If you believe you will be undergoing skin prick testing for allergies please remain off medications such as antihistamines for at least 5-7 days prior to testing. It is safe to continue taking Singulair, asthma inhalers, and steroid nose sprays as they will not interfere with skin testing.

Number of days required to be off of medication:

#### **Seven days:**

Actifed (triprolidine HCL)  
Alavert (loratadine)  
Allegra (fexofenadine)  
Atarax (hydroxyzine)  
Benadryl (diphenhydramine)  
Chlor-Trimeton (chlorpheniramine)  
Clarinex (desloratadine)  
Claritin (loratadine)  
Contac (phenylpropanolamine)  
Dimetapp (brompheniramine)  
Dristan (chlorpheniramine)  
Sinutab (chlorpheniramine)  
Tavist (clemastine)  
Vistaril (hydroxyzine)  
Xyzal (levocetirizine)  
Zyrtec (cetirizine)

#### **Three Days:**

Astelin (azelastine) – nose spray  
Astepro (azelastine) – nose spray  
Dymista (fluticasone / azelastine) – nose spray  
Patanase (olopatadine) – nose spray

#### **Two Days: H2-blockers for GERD**

Zantac (ranitidine)  
Tagamet (cimetidine)  
Pepcid (famotidine)

#### **One Day: Allergy eye drops**

Optivar  
Patanol  
Pataday  
Elestat  
Bepreeve  
Zaditor (ketotifen)

**Medicines okay to use and will not interfere with skin testing:** Singulair, any type of asthma inhaler, nasal steroids (Flonase, Veramyst, Nasonex, Rhinocort, etc...)

Please note, if you are coming for chronic hives of unexplained cause and require antihistamines to be free of hives and have an acceptable quality of life, do not come off your antihistamines.