

Medications to Stop for Allergy Testing/Appointment

Antihistamines to stop 1 week prior to appointment

- Cetirizine (Zyrtec, Zyrtec-D)
- Desloratadine (Clarinex)
- Fexofenadine (Allerga, Allegra-D)
- Hydroxyzine (Atarax, Vistaril)
- Loratadine (Claritin, Claritin-D, Alavert, generics)
- Levocetirizine (Xyzal)
- Meclizine (Antivert, Dramamine)

Antihistamines to stop 3 days prior to appointment

- Brompheniramine (Actifed, Atrohist, Dimetapp, Drixoral)
- Chlorpheniramine (Chlortrimeton, Deconamine, Kronofed A, Novafed A, Rynatan)
- Clemastine (Tavist, Antihist)
- Cyproheptadine (Periactin)
- Dexchlorpheniramine (Polaramine)
- Diphenhydramine (Benadryl, Nytol)
- Doxylamine (Bendectin, Nyquil)
- Promethazine (Phenergan)
- Over-the-Counter Cold or Allergy Meds such as Tylenol Allergy, Actifed Cold and Allergy, Alka-Seltzer Plus Cold with Cough Formula, Tylenol PM and others

Acid Reflux Meds to stop 3 days prior to appointment

- Cimetidine (Tagamet)
- Famotidine (Pepcid)
- Nizatidine (Axid)
- Ranitidine (Zantac)

Nose sprays, eye drops to stop 3 days prior to appointment

- Azelastine (Astelin, Astepro, Optivar)
- Beprastine (Bepreve)
- Ketotifen (Zaditor)
- Olapatadine (Patanase, Pataday)

Do Not Take on Day of Visit if Possible

- Albuterol

DO NOT NEED TO STOP

- Nasal Steroid Sprays (Flonase, Omnaris, Rhinocort, Nasacort, Nasonex, Sensimist)
- Chronic Asthma Meds or Other Daily Meds
 - Tablets such as Montelukast (Singulair), Zylflo, Theophylline, steroids
 - Inhalers (Advair, Asmanex, Flovent, Pulmicort, Symbicort, QVAR)

Some **antidepressants**, including those listed below, can act like antihistamines, but **should not be stopped** for testing without clearance from the prescribing doctor. This is a special situation that must be discussed with the allergist at the time of the visit to make a decision about testing.

- Amitriptyline (Elavil), Doxepin (Sinequan), Imipramine (Tofranil), Desipramine (Nupramin), Nortriptyline (Pamelor, Aventyl), Protriptyline (Vivactil), Mirtazapine (Remeron), Trazadone (Desyrel), Nefazadone (Serzone)

If you have any questions about stopping medications, please call the office at 240-831-4743.