

Should I stop medications before an allergy testing visit?

- Tell us about medicines you're taking when scheduling your appointment, including any over-the-counter medicines. **Antihistamines** can interfere with testing by blocking the allergic response. **Sleep aids** and **antidepressants** can also affect testing results—*please discuss stopping these with your prescribing doctor first.*
- Do not stop asthma medications or those for a heart condition
- No need to stop nasal steroids or eye drops

Talk to our clinical staff specifically about any medications in question.

Medications to stop before skin testing and challenge testing

Medications to stop 10 days prior to testing:

Claritin/ Loratadine/ Alavert
Clarinx/ Desloratadine

Medications to stop 7 days prior to testing:

Xyzal/ Levocetirizine
Zyrtec/ Cetirizine

Medications to stop 3 days prior to testing:

Actifed
Advil (cold/sinus)
Alka-Seltzer cold
Allegra/ Fexofenadine/ Aller-Ease
Azelastine HCL/ Astelin/ Astepro
Benadryl/ Diphenhydramine
Chlor-Trimetron/ Chlorpheniramine
Contac
Cyproheptadine/ Periactin
DayQuil
Deconamine
Dimetapp
Doxepine
Dramamine
Drixoral
Hydroxyzine/ Atarax
NyQuil
Sudafed (sinus and allergy)

Any medication with allergy in the name is likely to contain an antihistamine.