

# THE ALLERGY & ASTHMA CENTERS OF CAPE COD

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## Medication Guidelines for Skin Testing

For accurate skin testing results, medications containing antihistamines need to be temporarily discontinued for at least 5 days prior to your appointment. If you feel that you not able to discontinue use of these medications for any reason, or if you have questions in general, please contact our office, at 508-362-0099 or 508-548-4259 for guidance. If you have questions on the contents of any medication please call your prescribing doctor, your pharmacist, or our office.

**Do not stop taking other medications that were prescribed for chronic medical conditions, such as heart conditions, a psychological disorder or inhaled medications for your lungs or nose!**

**Allergy & Cold Medications:** The medications listed below are known to contain antihistamines. Please check other over-the-counter medications or prescription medications to confirm that they are antihistamine free.

Allegra (Fexofenadine)	Periactin (Cyproheptadine)
Alavert (Loratadine)	Phenergan (Promethazine)
Actifed (Chlorpheniramine)	Rondec (Carbinoxamine)
Atarax (Hydroxyzine)	Sudafed Cold (Pseudoephedrine)
Benadryl (Diphenhydramine)	Tavist (Clemastine)
Chlor-Trimeton (Chlorpheniramine)	Tylenol PM (Diphenhydramine)
Clarinet (Desloratadine)	Xyzal (Levocetirizine)
Claritin (Loratadine)	Zyrtec (Cetirizine)
Dallergy (Cyclizine)	Zzzquil (Diphenhydramine)
Dimatapp (Carbinoxamine)	Medication marked specifically "PM" or "Cold"
Doxepin (Doxipinum)	
Duravent-DA (Chlorpheniramine/Phenylephrine)	

**Eye drops:** As many eye drops may contain antihistamines also, please temporarily discontinue their use as well. Please make sure you read the labels on over-the-counter eye drops to see if they contain antihistamines. The following eye drops need to be temporarily discontinued for testing:

Bepreve (Bepotastine)	Optivar (Azelastine)
Elestat (Epinastine)	Pataday (Olopatadine)
Lastacraft (Alcaptopadine)	Patanol (Olopatadine)
Naphcon-A (Naphazoline)	Zaditor ((Ketotifen)
Opcon-A (Pheniramine)	and OTC Brands

**Nose Sprays Containing Antishistamine:** Temporarily discontinue Astelin, Astepro, Dymista (Azelastine) & Patanase (Olopatadine).

**Day of your appointment:** On the day of skin testing, please do not take the following:

Axid (Nizatidine)	Tagamet (Cimetidine)
Pepcid (Famotidine)	Zantec (Ranitidine)

**Supplements/Diet:** Some supplements may also interfere with skin testing. Please stop drinking green tea for 5 days prior to your skin testing. If you take a supplement specifically for allergies, such as butterbur, also stop them for 5 days prior to skin testing.

There are other medication that may contain an antihistamine or interfere with skin testing, such as tranquilizers, sleeping pills, antidepressants and other cough medications. If you are in doubt, once again, please call the prescribing doctor, your pharmacist, or our office.