

WATKINS

ALLERGY AND ASTHMA CLINIC

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Medications to avoid prior to skin testing

Review the following list in detail and follow all instructions. Many patients receive allergy skin testing at their first office appointment.

- Do not use any lotions or creams on your back or upper arms the day of the skin test.
- Hold topical steroids on back and upper arms 2 weeks prior to testing.
- If on a beta-blocker (type of heart medication) schedule an early morning appointment and do not take your beta-blocker on the morning of your visit. Be sure to notify Dr. Watkins that you are on a beta-blocker. Please bring the pill with you as you will be expected to take it once skin testing has been completed.
- **Do NOT stop taking your inhalers for asthma.**

All Antihistamines: Hold 5 days prior to test. This is not a comprehensive list, so please check with your pharmacist if you are unsure if you are on antihistamines.

- Any over the counter cold or allergy medications
- Alavert (loratadine)
- Allegra (fexofenadine)
- Astelin or Astepro nasal spray (azelastine)
- Atarax(hydroxyzine)
- Benadryl (diphenhydramine)
- Brompheniramine
- Chlor-Trimeton (chlorpheniramine)
- Claritin (loratadine)
- Clarinex (desloratadine)
- Cyproheptadine
- Dimetane-Dimetapp
- Doxepin
- Dymista
- Olopatidine eye drops or nasal spray
- Pataday eye drops
- Patanase nasal spray
- Pazeo eye drops
- Phenergan (promethazine)
- Ryaltris
- Tavist (clemastine)
- Tussionex (hydrocodone and chlorpheniramine)
- Vistaril (hydroxyzine)
- Xyzal (levocetirizine)
- Zyrtec (cetirizine)

Other medications to avoid for 2 days prior to test:

- Tagamet (cimetidine)
- Pepcid-AC (famotidine)
- Singulair (montelukast)
- Accolate