

Below is a list of medications which you **should not take for 5 days prior** to your allergy appointment as they will interfere with skin test results. This does not represent an all-inclusive list but reflects the most common medications that can affect your results. Please do not stop any asthma inhalers and do not stop any medications that you take for depression, anxiety or other mental health conditions. ***Please call (719) 867-7814 if you have any questions regarding medications.***

<p>“Allergy” liquids and pills</p> <ul style="list-style-type: none"> • Cetirizine (Zyrtec) • Clemastine (Tavist) • Desloratadine (Clarinex) • Diphenhydramine (Benadryl) • Fexofenadine (Allegra) • Levocetirizine (Xyzal) • Loratadine (Alavert, Claritin) 	<p>“Allergy” nose sprays</p> <ul style="list-style-type: none"> • Azelastine (Astelin, Astepro) • Olopatadine (Patanase) <p>“Allergy” eye drops</p> <ul style="list-style-type: none"> • Azelastine (Optivar) • Bepotastine (Bepreve) • Ketotifen (Alaway, Zaditor) • Olopatadine (Pataday, Patanol) • Pheniramine (Visine Allergy Drops)
<p>“Cough/cold” medicines</p> <ul style="list-style-type: none"> • Bronheniramine • Chlornpheniramine • Diphenhydramine <p><i>Can be found in Dimetapp, Nyquil, Pediacare, Robitussin, Rynatan, Triaminic, etc. products</i></p>	<p>“Other” medications</p> <ul style="list-style-type: none"> • Amitriptyline (Elavil) • Cyproheptadine (Periactin) • Doxepin (Adapin, Sinequan) • Hydroxyzine (Atarax, Vistaril) • Mirtazapine (Remeron) • Promethazine (Phenergan)
<p>“Antacids (H₂ blockers)”</p> <ul style="list-style-type: none"> • Cimetidine (Tagamet) • Famotidine (Pencid) • Nizatidine (Axid) • Ranitidine (Zantac) 	<p>“Herbs”</p> <ul style="list-style-type: none"> • Allerplex, Astragalus, Feverfew, Green Tea, Milk Thistle, Saw Palmetto, St. John’s Wort

MEDICATIONS THAT DO NOT HAVE TO BE STOPPED

- Asthma inhalers (all types are okay)
- Mucinex (guaifenesin)
- Nasal decongestant spray (Afrin)
- Nasal steroid sprays (Flonase, Nasonex, Nasacort, Rhinocort, Veramyst, Omnaris, Qnasl)
- Oral steroids (prednisone, prednisolone, methylprednisolone)
- Proton Pump Inhibitors for heartburn (esomeprazole, omeprazole, pantoprazole)
- Singulair (montelukast)
- Sudafed (pseudoephedrine or phenylephrine)