

Important instructions for your skin testing:

To ensure accurate allergy test results, certain medications must be stopped before your appointment. These medications can block your body's allergic response and lead to false-negative results. Medications to be stopped before skin testing:

1. Oral Antihistamines

- Diphenhydramine (Benadryl)
- Hydroxyzine (Atarax, Vistaril)
- Chlorpheniramine
- Brompheniramine
- Triprolidine
- Cyproheptadine
- Promethazine
- Meclizine
- Dimenhydrinate
- Doxylamine
- Cetirizine (Zyrtec)
- Levocetirizine (Xyzal)
- Loratadine (Claritin)
- Desloratadine (Clarinex)
- Fexofenadine (Allegra)
- Bilastine
- Rupatadine
- Ebastine

2. Nasal sprays containing antihistamines

- Azelastine nasal spray (Astepro, Astelin)
- Olopatadine nasal spray (Patanase)
- Dymista (azelastine + fluticasone)
- Ryaltris (olopatadine + mometasone)

3. Eye drops containing antihistamines

- Olopatadine eye drops (Pataday)
- Ketotifen eye drops (Zaditor, Alaway)
- Azelastine
- Epinastine
- Bepotastine

4. Biologics / Mast Cell-Modifying Therapies (stop for one week before skin testing)

- Omalizumab (Xolair)
- Ketotifen
- Cromolyn sodium

5. Antiacids need to be stopped

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

6. Combination Cold / Flu / Allergy Products (Many contain hidden antihistamines)

- NyQuil
- DayQuil Severe
- Tylenol Cold & Flu
- Theraflu
- Advil Allergy & Congestion
- Chlor-Trimeton products
- Allergy & Sinus combination medications

7. Muscle Relaxants (Stop at least 5 days before skin testing)

- Cyclobenzaprine

8. Motion Sickness / Antiemetics (stop atleast 5 days before skin testing)

- Meclizine
- Promethazine
- Dimenhydrinate

9. Sleep Aids / OTC PM Medications (stop atleast 3 days before skin testing)

- Diphenhydramine (Tylenol PM, Advil PM, Unisom SleepGels)
- Doxylamine (Unisom SleepTabs)

10. Antipsychotics With Antihistaminic Properties (may need to stop 5–7 days before skin testing — discuss with prescribing physician first)

- Quetiapine
- Olanzapine
- Clozapine
- Chlorpromazine

11. Tricyclic Antidepressants (Strong Antihistamine Activity) (may need to stop 1–2 weeks before skin testing — only with prescribing physician’s approval)

- Doxepin
- Amitriptyline
- Nortriptyline
- Imipramine
- Clomipramine

12. Foods / Natural Products with Antihistamine Effects (consider stopping 3–5 days before skin testing if used in high doses or supplement form)

Some foods and supplements may have mild natural antihistamine properties. Significant interference with allergy skin testing is uncommon, but if consumed in large amounts shortly before testing, discuss with your provider.

Examples include:

- Quercetin supplements
- Stinging nettle
- Green tea
- Turmeric / curcumin
- Ginger
- Garlic
- Onion
- Apples
- Citrus fruits
- Berries
- Pineapple (bromelain)
- Chamomile tea
- Peppermint tea
- Probiotics
- Vitamin C supplements
- Butterbur
- Bromelain supplements
- DAO (Diamine Oxidase) supplements
- Black seed oil (*Nigella sativa*)
- Spirulina
- Boswellia
- Reishi mushroom
- NAC (N-acetylcysteine)

- Omega-3 fish oil
- Zinc supplements

13. Additional Medications That May Interfere with Skin Testing (May need to stop 3–7 days before skin testing depending on medication)

- Mirtazapine (Remeron) only with prescribing physicians' approval (Stop for 7 days)
- Trazodone (Only with prescribing physicians' approval, stop for 7 days)
- Diphenhydramine-containing creams or topical products (Stop for 3 days)
- Prescription anti-itch creams containing antihistamines (Stop for 3 days)
- Herbal sleep supplements with sedating effects (Stop for 7 days)
- Amitriptyline (Only with prescribing physicians' approval stop for 7 days)
- Nortriptyline (Only with prescribing physicians' approval stop for 7 days)
- Doxepin (Only with prescribing physicians' approval stop for 7 days)

MEDICATIONS YOU CAN CONTINUE

- Nasal steroid sprays (Flonase, Nasacort, Nasonex)
- Asthma inhalers
- Montelukast (Singulair)
- Decongestants (Sudafed, pseudoephedrine)
- Saline nasal sprays

PATIENT INSTRUCTIONS

- Stop the medications listed above within the specified time frame
- Do NOT stop your asthma inhalers before skin testing
- Continue using asthma treatments unless instructed otherwise by your provider
- If you accidentally take an antihistamine, call our office
- If medications are not stopped, your test may need to be reschedule
- Male patients with significant hair on their back area should shave the testing area 24 hours before the appointment to allow accurate skin testing
- Please call us if you have questions regarding medications that are not in this list.