

Medications to Avoid Prior to Allergy Testing



Testing must be rescheduled if any medication is taken which suppresses skin test reactivity.

DISCONTINUE FOR 24 HOURS PRIOR TO TESTING:

- Skin cream or lotion on the back and arms
- Singulair, Accolate, Benadryl
- Beta blocker medications (used for migraines and blood pressure control)

DISCONTINUE FOR SEVEN DAYS PRIOR TO TESTING:

- **Over the counter** – cold/cough/sinus preparations, medications which contain doxylamine, chlorpheniramine, loratadine, cetirizine (Zyrtec), any antihistamines, antihistamine/ decongestant combinations
- **Antihistamines** – (examples) Actifed, Alavert, Allegra, Antivert,, Atarax (hydroxyzine), Atrohist, Bromfed, Clarinex, Claritin, Comhist-LA, D.A.Chewable, Deconamine, Dimetane DC, Doxepin. Extendryl, Fedahist, Histex, Kronafed-A, Loratadine, Meclizine, Nolahist, Nalamine, PBZ or PBZ SR, Periactin, Phenergan, RuTuss, Rynatan, Rynatuss, Sinequan (doxepin), Sinulin, Tavist, Teldrin, Temaril, Triaminic, Trinalin, Tussionex, Tylenol PM, Vistaril, Xyzal, Zyrtec
- **H 2 Blockers** – ulcer meds – if possible, discontinue Tagamet, Zantac/ranitidine, Pepcid, Axid, Cimetidine
- **Sleep aids** – Sinequan, Bufferin AT Nite-Time, Excedrin PM, Unisom (doxylamine)
- **Nasal Spray** – Astelin, Patanase
- **Steroids** – Long-term or high-dose prednisone may partially suppress skin tests. Please call the office for more
- **Motion sickness/anti-nausea** medications

MEDICATIONS WHICH DO NOT NEED TO BE DISCONTINUED

Do not discontinue asthma medications (asthma inhalers, theophylline products, prednisone)

- Plain decongestants (Sudafed, pseudoephedrine, phenylephrine)
- Topical decongestant – Afrin nasal spray
- Topical nasal moisturizers – Ocean, Ayr (saline)
- Topical non-antihistamine nasal sprays
- Over-the-Counter Nasalcrom
- Prescription Flonase, Rhinocort, Nasacort, Nasarel, Veramyst, Atrovent
- Antibiotics
- Oral pain medications – Motrin, ibuprofen, Tylenol Sinus (if decongestant only)

Do not discontinue medications used for other diseases (unless specified above.)

Driving Directions to Grand Rapids Allergy:

The office is located just off Cascade Road, S.E.

Take Interstate 96 to Exit 40-B and go east approximately a block and a half.

Look for a 5/3 Bank on Cascade Road.

The office is directly behind the bank, on Parchment Drive.

(If coming from the south, M-6 is an alternative to avoid traffic. Take M-6 E to I-96 W, then exit at 40-B, as above.)