

AAICSWLA Allergy skin testing policy and medications to avoid before skin testing

Patients younger than 18 years old must be accompanied by a parent or legal guardian for allergy skin testing.

Antihistamines will affect the results of allergy skin prick tests and must be stopped for seven days before testing. This is not a complete list. Below is a list of common examples. If you are not sure if the medicine you are taking is an antihistamine, ask your doctor. **Many over-the-counter cold and flu medications and sleep aids contain antihistamines. Be sure to read labels carefully for both the brand name and generic drug name** (generic antihistamine names contained in each brand name example are in parenthesis below).

- Advil Multi-Symptom Cold & Flu and Advil PM (chlorpheniramine)
- Alaway and Zaditor eye drops (ketotifen eye drops)
- Aleve PM and Aleve-D Sinus & Cold (diphenhydramine)
- Allegra and Allegra D (fexofenadine)
- Aller-Chlor and Chlor-Trimeton (chlorpheniramine)
- Antivert and Bonine (meclizine)
- Astelin, Astepro and Dymista nasal sprays (azelastine nasal spray)
- Atarax (hydroxyzine)
- Benadryl (diphenhydramine)
- Bromfed DM and Dimetapp (brompheniramine)
- Clarinex and Clarinex D (desloratadine)
- Claritin and Claritin D (loratadine)
- Coricidin HBP Cough & Cold, Cold & Flu, Nighttime Multi-Symptom Cold (chlorpheniramine)
- Dramamine (dimenhydrinate)
- Karbinal ER (carbinoxamine)
- Pataday and Patanol eye drops (olopatadine eye drops)
- Patanase nasal spray (olopatadine nasal spray)
- Periactin (cyproheptadine)
- Phenergan (promethazine)
- Semprex D (acrivastine)
- Tavist (clemastine)
- (trazodone)
- TussiCaps (chlorpheniramine)
- Tussionex PennKinetic (chlorpheniramine)
- Tylenol PM (diphenhydramine)
- Vicks NyQuil Severe Cold & Flu (doxylamine) and Vicks NyQuil Children's Cold & Cough (chlorpheniramine)
- Unisom (doxylamine)
- Xyzal (levocetirizine)
- Zyrtec (cetirizine)

Patient name (printed) _____

Some reflux medications called “H2 blockers” are antihistamines and will affect allergy skin testing results. Brand name examples are listed below (generic names are in parentheses).

- Pepcid (famotidine)
- Zantac (famotidine)
- Axid (nizatidine)
- Tagamet (cimetidine)

Some psychiatric medications prescribed to treat depression and anxiety can also affect the results of allergy skin testing. Generic examples are listed below (brand names are in parentheses). Let your doctor know if you are on any antidepressants or sleep aides before your test, but **do not stop them without consulting the prescribing doctor.**

- amitriptyline (Elavil)
- amoxapine (Asendin)
- clomipramine (Anafranil)
- desipramine (Nupramin)
- doxepin (Sinequan)
- imipramine (Tofranil)
- maprotiline (Ludiomil)
- mirtazapine (Remeron)
- nefazodone (Serzone)
- nortriptyline (Pamelor, Aventyl)
- protriptyline (Vivactil)
- trazadone (Desyrel)
- trimipramine (Surmontil)

If any of these medications are taken too soon prior to your testing appointment we may not be able to do allergy skin testing that day due to the potential of false-negative results.

Blood pressure medications called beta-blockers and certain eye drops prescribed to treat glaucoma called beta-blockers should be held for 72 hours before allergy testing. Although very rare, beta-blockers can increase the chance of severe allergic reactions to allergy skin testing. Generic examples are listed below (brand names are in parentheses). **Before stopping beta-blockers check with your prescribing provider to make sure it is ok.**

- atenolol (Tenormin)
- betaxolol (Betoptic eye drops)
- bisoprolol (Zebeta)
- carteolol (Ocupress eye drops)
- carvedilol (Coreg)
- labetalol (Trandate)
- levobunolol (Betagan)
- metipranolol (Optipranolol)

Patient name (printed) _____

- metoprolol (Toprol, Lopressor, Kapsargo Sprinkle)
- propranolol (Inderal)
- sotalol (Betapace, Sorine, Sotylize)
- timolol (Timoptic)

Inhaled steroids used for asthma, nasal steroids (Nasacort, Flonase, Nasonex, etc.) and montelukast (Singulair) will **not** affect skin testing results and **should be continued** as prescribed. **If asthma symptoms are not well controlled on the day of your appointment you may not be able to have allergy skin testing on that day.** Testing may be done at a later appointment when your symptoms are better controlled.

Do not apply lotions or creams to your back on the day of your appointment.

Acknowledgement

I have read and understand the above allergy skin testing policy of AAICSWLA. I agree to the above policy.

Signature of patient/parent/guardian

Relation to patient

Date

Patient name (printed) _____