Hub City
ALLERGY & ASTHMA
BREATHE BETTER. LIVE FULLER.

Medications to Avoid Before Your Appointment

Skin Prick Testing (SPT) • Oral Food Challenge • Drug Challenge

The following medications can interfere with skin testing and should be avoided prior to testing. Please don't stop any medication you take for another health condition without checking with the doctor who prescribed it. If you have any questions, please call.

Oral Antihistamines — avoid 7 days prior

- Allegra (fexofenadine)
- Zyrtec (cetirizine)
- Xyzal (levocetirizine)
- Claritin, Claritin Reditab (loratadine)
- Benadryl (diphenhydramine)
- Atarax, Vistaril (hydroxyzine)
- Clarinex (desloratadine)
- Chlor-Trimeton (chlorpheniramine)
- Dimetapp (brompheniramine)

Nasal Antihistamine Sprays — avoid 3 days prior

- Azelastine — found in Astelin, Astepro, Dymista
- Olopatadine — found in Ryaltris, Patanase

Antihistamine Eye Drops — avoid 3 days prior

- Alaway
- Pataday, Patanol, Pazeo
- Visine Allergy
- Zaditor
- Lastacaft (alcaftadine)

Anti-Nausea Medications — avoid 7 days prior

- Antivert (meclizine)
- Dramamine (dimenhydrinate)
- Compazine (prochlorperazine)
- Phenergan (promethazine)

Antacids / H2 Blockers — avoid 3 days prior

- Alka-Seltzer Plus and PM
- Tagamet (cimetidine)
- Pepcid (famotidine)

- Axid (nizatidine)
- Zantac (ranitidine)

Sleep Aids — stop 7 days prior

- Unisom
- Sleep-eze
- Simply Sleep
- Any "PM" product (e.g., Tylenol PM, Advil PM, Aleve PM)

Cold, Flu & Sinus Combination Products — stop 7 days prior

Many of these contain a hidden antihistamine (often diphenhydramine, brompheniramine, or chlorpheniramine) — that's why they're on this list.

Tylenol
Allergy Sinus
Cold
Cold and Flu
Cold Nighttime
PM
Children's Allergy
Children's Cold
Children's Flu

Bayer PM
Benylin
Comtrex
Contac
Cold Control
Dorcol Cold Formula
Excedrin PM
Isoclor
Kronofed
NyQuil
Pyrroxate
Rondec
Rynatan
Robitussin Night Time Cold
Sinarest
Sine-off
Sinutab
St. Joseph Nighttime Cold
Sudafed Cold and Allergy
Theraflu
Triaminic
Tussagesic
Tussend
Vick's

Medications You May Continue Taking

- Flonase and other nasal corticosteroid sprays (Nasacort, Qnasl, Qvar, Rhinocort, Veramyst, Nasonex)
- Atrovent Nasal (ipratropium)
- Nasal or oral decongestants only if not combined with an antihistamine (pseudoephedrine, oxymetazoline, phenylephrine)
- Asthma inhalers
- Singulair (montelukast)

This list may not be exhaustive. If you have questions about a specific medication, please call our office before stopping anything.