Antihistamines and certain other medications interfere with the accuracy of allergy skin testing. The following is a list of common antihistamines. In addition, many cold/sinus preparations and eye drops contain antihistamines.
Some herbs, plants and supplements (including naturopathic/homeopathic) may also decrease the accuracy of allergy skin testing, and therefore all such products should be withheld for one week prior to testing.

### Examples of Antihistamines

<table>
<thead>
<tr>
<th>Antihistamines</th>
<th>Do not take for this number of days before the test date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zyrtec (Cetirizine)</td>
<td>6 days</td>
</tr>
<tr>
<td>Xyzal (Levocetirizine)</td>
<td>6 days</td>
</tr>
<tr>
<td>Clarinex (Desloratidine)</td>
<td>7 days</td>
</tr>
<tr>
<td>Claritin/Claritin-D, Alavert (Loratadine)</td>
<td>5 days</td>
</tr>
<tr>
<td>Allegra (Fexofenadine)</td>
<td>4 days</td>
</tr>
<tr>
<td>Most older antihistamines:</td>
<td>3 days</td>
</tr>
<tr>
<td>Benadryl (Diphenhydramine), Actifed, Allerest, Nyquil, Chlor-Trimepron, Triaminic, Dimetapp, Drixoral, Tavist, etc.</td>
<td></td>
</tr>
<tr>
<td>Medications ending in “PM” (such as Tylenol PM, Advil PM, Motrin PM)</td>
<td>3 days</td>
</tr>
<tr>
<td>Thera-flu (Pheniramine), Ny-quil</td>
<td>3 days</td>
</tr>
<tr>
<td>Periactin (Cyproheptadine)</td>
<td>3 days</td>
</tr>
<tr>
<td>Atarax (Hydroxyzine)</td>
<td>5 days</td>
</tr>
<tr>
<td>Astelin Nasal Spray (Azelaistine), Astepro, Dymista</td>
<td>5 days</td>
</tr>
<tr>
<td>Patanase</td>
<td>4 days</td>
</tr>
<tr>
<td><strong>Tricyclic Antidepressants:</strong></td>
<td>*5 days</td>
</tr>
<tr>
<td>*Elavil (Amitriptyline)</td>
<td></td>
</tr>
<tr>
<td>*Pamelor ((Nor)triptiline)</td>
<td></td>
</tr>
<tr>
<td>*Tofranil (Imipramine)</td>
<td></td>
</tr>
<tr>
<td>*Sinequan (Doxepin)</td>
<td></td>
</tr>
<tr>
<td>*Desipramine</td>
<td></td>
</tr>
<tr>
<td>Meclizine (Antiver, Bonine, Dramamine)</td>
<td>3 days</td>
</tr>
<tr>
<td>*Remeron (Mirtazapine)</td>
<td>*7 days</td>
</tr>
<tr>
<td>*Abilify (Aripiprazole)</td>
<td>*5 days</td>
</tr>
<tr>
<td>*Seroquel (Quetiapine)</td>
<td>*6 days</td>
</tr>
<tr>
<td>Midol</td>
<td>2 days</td>
</tr>
<tr>
<td>Topical Doxepin cream</td>
<td>12 days</td>
</tr>
<tr>
<td>Optivar and Elestat Ophthalmic Solution</td>
<td>4 days</td>
</tr>
<tr>
<td>All other allergy eye drops (Patanol, Pataday, Bepreve, Opcon A, Naphcon-A, Zaditor)</td>
<td>3 days</td>
</tr>
</tbody>
</table>

**If** you are experiencing hives or other allergy symptoms that will make you uncomfortable when antihistamines are withheld, **DO NOT STOP** your medication prior to the doctor’s office visit.
LIST OF MEDICATIONS MOST COMMONLY USED
(Medications written in red interfere with testing, others are okay)

IMPORTANT: DO NOT STOP ANY MEDICATION WITH AN * WITHOUT CONSULTING THE PRESCRIBING PHYSICIAN.

*ABELIFY (5 DAYS)
ACCOLATE
ACTIFED (3 DAYS)
ACULAR
ADVAIL
ASMANEX
AEROBID
AEROBID M
AEROCHAMBER
AFRIN
ALAVERT (5 DAYS)
ALBUTEROL
ALLEGRA (4 DAYS)
ALLEREST (3 DAYS)
ALLER-TEC (6 DAYS)
ALOCRIL OPHTHALMIC SOLUTION
ALOMIDE
ALUPENT
ALUPENT MDI
ALPRAZOLAM
AMBIEN
*AMITRIPTYLINE (5 DAYS)
AMOXICILLIN
ANTIVERT (3 DAYS)
*ARIPIPRAZOLE (5 DAYS)
ASMANEX
*ASTELIN NASAL SPRAY (5 DAYS)
ASTEPRO (5 DAYS)
ATARAX (5 DAYS)
ATIVAN
ATROVENT
AUGMENTIN
AZATADINE (2 DAYS)
AZELASTINE (5 DAYS)
AZMACORT MDI
BECLOMETHASONE DIPROPIONATE
BECLOVENT INHALER
BECONASE
BECONASE AQ
BENADRYL - (Topical, too) (3 DAYS)
BRETHINE
BROMFED (2 DAYS)
BROMPHEN (2 DAYS)

BROMPHENIRAMINE (2 DAYS)
BUDESONIDE
BUPROPION (3 DAYS)
BUSPAR
BUSPIRONE
CELEXA
CETIRIZINE (5 DAYS)
CHLORDIAZEPoxide
CHLOR-TRIMETON (2 DAYS)
CHLORPHENIRAMINE (2 DAYS)
CITALOPRAM
CLARINEX (6 DAYS)
CLARITIN (4 DAYS)
CLARITIN D (4 DAYS)
CLARITIN REDI-TAB (4 DAYS)
CLEMASTINE (2 DAYS)
CLONAZEPAM
CLORAZEPATE
CONTACT (2 DAYS)
CORTICOSTEROIDS-INALED OR SHORT TERM ORAL
CROMOLYN
CYPROHEPTADINE (2 DAYS)
DALMANE
DECONAMINE (2 DAYS)
DECONSAL
DELTAZONE
DEPAKOTE
*DESIPRAMINE (5 DAYS)
DESYREL
DIAZEPAM
DIPHENHYDRAMINE (2 DAYS)
DIMETAPP (2 DAYS)
DIVALPROEX
DORAL
*DOXEPIH (5 DAYS)
DOXEPIH TOPICAL CREAM (12 DAYS)
DRISTAN
DRIXORAL (2 DAYS)
DURATUSS
DURAVENT
DYMISTA (4 DAYS)
EFFEXOR
LIST OF MEDICATIONS MOST COMMONLY USED
(Medications written in red interfere with testing, others are okay)

IMPORTANT: DO NOT STOP ANY MEDICATION WITH AN * WITHOUT CONSULTING
THE PRESCRIBING PHYSICIAN.

*ELAVIL (5 DAYS)
ELESTAT EYE DROPS (4 DAYS)
ELICON
ELIDEL
ENTEX LA
ENTEX PSE
EPINE
EPINE JR.
ESTAZOLAM
EXTENDRYL (2 DAYS)
EXTENDRYL JR. (2 DAYS)

EYE DROPS - ALL ALLERGY TYPES
3 DAYS, EXCEPT OPTIVAR &
ELESTAT, WHICH ARE 4 DAYS

FEXOFENADINE (4 DAYS)
FLONASE
FLOVENT
FLUNISOLIDE
FLUOXETINE
FLURAZEPAM
FLUTICASONE
FLUOXAMINE
FORADIL
GUAIFED
GUAIFENESIN
GUAIVENT
HALCION
HUMID
HYDROXYZINE (5 DAYS)
*IMPATRIMINE (5 DAYS)
INTAL MDI
IPRATROPiUM BROMIDE
ISOPROTERENOL
ISUPREL
KLONOPIN
LANSPRAZOLE
LASTACAF EYE DROPS (2 DAYS)
LIBRITABS
LIVOSTIN (2 DAYS)
LORATADINE (5 DAYS)
LORAZEPAM

LUVOX
LUNESTA
MAXAIR AUTOHALER
MECLIZINE HCL (3 DAYS)
MEDROL-depending on dose
METAPROTERENOL
MIDAZOLAM
MIDOL (2 DAYS)
*MIRTAZAPINE (7 DAYS)
MONTELUKAST
MUCINEX
NALDACON (2 DAYS)
NAPHCN-A (3 DAYS)
NASACORT
NASACORT AQ
NASALCROM
NASAREL SOLUTION
NASONEX
NEOSYNEPHRINE
NEFAZODONE
NEXIUM
OMNARIS
*NORPROMIN (5 DAYS)
*NORTRIPTYLINE (5 DAYS)
NYQUIL (2 DAYS)
OCUHU (3 DAYS)
OMEPRAZOLE
OMNARIS
OPCON A (3 DAYS)
OPTIMINE (2 DAYS)
OPTIVAR OPHTHALMIC SOL. (4 DAYS)
OXAZEPAM
*PAMER (5 DAYS)
PAMPRIN (2 DAYS)
PAROXETINE
PATAKADAY (3 DAYS)
PATANASE (5 DAYS)
PAXIL
PBZ (2 DAYS)
PEDIAPRED
PERIACTIN (2 DAYS)
PHENERGAN (2 DAYS)
PIRIBUTEROL

List of medications – rev 10/22/13
Updated 10/1/15, 6/8/17
LIST OF MEDICATIONS MOST COMMONLY USED
(Medications written in red interfere with testing, others are okay)

IMPORTANT: DO NOT STOP ANY MEDICATION WITH AN * WITHOUT CONSULTING THE PRESCRIBING PHYSICIAN.

“PM” MEDICATIONS (2 DAYS)
PREDNISONE- depending on dose
PRELONE
PREVACID
PRILOSEC
PROMETHAZINE (2 DAYS)
PROSOM
PROTOPIE CREAM OR OINTMENT
PROVENTIL INHALER
PROVENTIL INHALER HFA
PROZAC
PULMICORT
QUAZEPAM
QUETIAPINE (SEROQUEL) (6 DAYS)
QUININE
QVAR
REACTINE (5 DAYS)
*REMeron (Mirtazapine) (7 DAYS)
RESTORIL
RHINOCORT
Rynatan (2 DAYS)
RYNATUSS (2 DAYS)
SALMETEROL
SERAX
SEREVENT
*SEROQUEL (QUETIAPINE) (6 DAYS)
SERTRALINE
SERZONE
*SINEQUAN (5 DAYS)
IGINULAIR
SINUTAB
SLOPHYLIN
SOMINEX (2 DAYS)
SPIRIVA
SUDAFED
TAVIST (3 DAYS)
TAVIST D (3 DAYS)
TEMARIL (2 DAYS)
TEMAZEPAM
TERBUTALINE
TESSALON PERLES
THEODUR
THEOPHYLLINE

THERAFLU (2 DAYS)
TILADE MDI
*Tofranil (5 DAYS)
TOPAMAX
TRANXENE
TRAZODONE
TRIAMCINOLONE
TRIAMINIC (2 DAYS)
TRIAZOLAM
TRIPELENNAMINE (2 DAYS)
TUSSIONEX (2 DAYS)
TYLENOL PM (2 DAYS)
TYLENOL SLEEPY TIME (2 DAYS)
UNIPHYL
VALAUM
VALPROATE NA/ACID
VANCENASE AQ
VANCENASE AQ DOUBLE STRENGTH
VANCENASE POCKETHALER
VANCERIL DOUBLE STRENGTH
VANCERIL
VENLAFAXINE
VENTOLIN INHALER
VERAMYST
VERSED
VISTARIL (5 DAYS)
VOLMAX
WELLBUTRIN (3 DAYS)
XANAX
XYZAL (6 DAYS)
ZAFIRLUKAST
ZANTAC
ZETONNA
ZICAM11
ZILEUTON
ZOLFOFT
ZOLPIDEM
ZYFLO
ZYRTEC (6 DAYS)

List of medications – rev 10/22/13
Updated 10/1/15, 6/8/17
LIST OF MEDICATIONS MOST COMMONLY USED
(Medications written in red interfere with testing, others are okay)

IMPORTANT: DO NOT STOP ANY MEDICATION WITH AN * WITHOUT CONSULTING THE PRESCRIBING PHYSICIAN.

NOTE: ANY OVER-THE-COUNTER MEDICINE WITH THE WORD "ALLERGY" OR "PM" NOT LISTED HERE USUALLY CONTAINS ANTIHISTAMINE. (3 DAYS)