

Advanced Allergy & Asthma Care  
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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**

**Do not take for this number of days before the test date:**

Zyrtec (Cetirizine)	6 days
Xyzal (Levocetirizine)	6 days
Clarinet (Desloratidine)	7 days
Claritin/Claritin-D, Alavert (Loratadine)	5 days
Allegra (Fexofenadine)	4 days
Most older antihistamines: Benadryl (Diphenhydramine), Actifed, Allerest, Nyquil, Chlor-Trimeton, Triaminic, Dimetapp, Drixoral, Tavist, etc.	3 days
Medications ending in "PM" (such as Tylenol PM, Advil PM, Motrin PM)	3 days
Thera-flu (Pheniramine), Ny-quil	3 days
Periactin (Cyproheptadine)	3 days
Atarax (Hydroxyzine)	5 days
Astelin Nasal Spray (Azelastine), Astepro, Dymista	5 days
Patanase	4 days
<b>Tricyclic Antidepressants:</b>	*5 days
*Elavil (Amitriptyline)	
*Pamelor ((Nortriptyline)	
*Tofranil (Imipramine)	
*Sinequan (Doxepin)	
*Desipramine	
Meclizine (Antivert, Bonine, Dramamine)	3 days
*Remeron (Mirtazapine)	*7 days
*Abilify (Aripiprazole)	*5 days
*Seroquel (Quetiapine)	*6 days
Midol	2 days
Topical Doxepin cream	12 days
Optivar and Elestat Ophthalmic Solution	4 days
All other allergy eye drops (Patanol, Pataday, Bepreve, Opcon A, Naphcon-A, Zaditor)	3 days

**\*IMPORTANT:** Do not stop any medication with a \* without consulting the prescribing physician.

**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.