

# Allergy & Asthma Specialists of Dallas

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## **PATIENT INSTRUCTIONS FOR SKIN TESTING**

Extracts of common allergens are pricked or injected into the superficial layers of the skin. A positive reaction resembles a small insect bite and typically resolves within one-two hours. Positive and negative skin tests should be correlated with the patient's clinical history and exam.

### **Medications to be avoided 5-7 days prior:**

Loratadine (Claritin, Alavert, OTC generics)

### **Medications to be avoided 4-5 days prior:**

Azelastine nasal spray (Astellin)  
Cetirizine (Zyrtec and OTC generics)  
Chlorpheniramine (Chlor-Trimeton, Atrohist, Deconamine, Rondec, Rynatan)  
Desloratadine (Clarinex) Acrivastine (Semprex-D)  
Fexofenadine (Allegra)  
Hydroxyzine (Atarax, Vistaril)  
Levocetirizine (Xyzal)  
Olopatadine nasal spray (Patanase)

### **Medications to be avoided 3 days prior:**

Azatadine (Trinalin)  
**Brompheniramine** (Dimetane)  
Carbinoxamine (Palgic)  
**Clemastine** (Tavist)  
**Cyproheptadine** (Periactin)  
Dexchlorpheniramine (Polaramine)  
Dimenhydrinate (Dramamine)  
**Diphenhydramine (Benadryl)**  
**Doxylamine**  
Ketotifen (tabs or eye drops, Zaditor)  
Meclizine (Bonine)  
**Pepcid** (famotidine)  
Phenindamine (Nolahist)  
Pheniramine

### **Other medications to avoid prior to testing:**

**Tricyclic antidepressants:** Elavil (amitriptyline), Sinequan (doxepin), Norpramin (desipramine), Tofranil (imipramine), Anafranil (clomipramine) and Pamelor (nortriptyline)...**Avoid for 5 days prior.**

**H2 inhibitors (antacids):** Pepcid (famotidine), Tagamet (cimetidine) and Zantac (ranitidine) ... **Avoid for 2 days prior.**

**You should ask the doctor who prescribed these agents if it is safe for you to stop.**

If you are on **Beta-blockers** or **MAO inhibitors**, please check with your allergist if you should stop them before testing. Your primary doctor and allergist may need to consult prior to testing.

### **Medications to be avoided 3 days prior (list continued):**

Promethazine (Phenergan)  
Tripelemnamine (PBZ)  
Triprolidine (Triafed)  
**Zantac** (Ranitidine)

### **Over-the-counter Allergy, Cold, and Sleep medications that may contain antihistamines:**

Actifed  
Advil PM, Allergy or Multi-symptom cold  
Alka-Seltzer Plus Cold, Flu  
Allrest  
Comtrex  
Contac  
Coricidin  
Dimetapp  
Dristan tablets  
Drixoral  
Nyquil (Vicks)  
Robitussin Cough & Cold, Cough & Allergy  
Sine-Off  
Sudafed Allergy, Severe Cold, Nighttime  
Theraflu products  
Triaminic  
Tylenol Plus, Cold, Allergy, PM or Nighttime products  
Zicam Cold & Flu  
Unisom, Sominex, Simply Sleep  
*And anything else containing an **Antihistamine***

Other medications such as **asthma inhalers** (Albuterol, Advair, Symbicort, Breo, etc), **Singulair**/montelukast, and oral steroids (Prednisone, etc) and nasal steroids (**Flonase**, Nasacort, Rhinocort) are all **ok to continue.**

**WHEN IN DOUBT, PLEASE CALL OUR OFFICE**