**Allergy Asthma Immunology of Rochester, P.C.**

**These medications should NOT BE TAKEN 7 DAYS PRIOR TO SKIN TESTING.**

***\*\*No fasting required before appointment. Please eat a meal and drink water before your appointment time.\*\****

**ORAL ANTIHISTAMINES:**

**\*\*Do not stop benzodiazepines, antidepressants,** **sedatives or neurologic medications without consulting your prescribing physician.**

**BENZODIAZEPINES:**

Ativan (lorazepam) Estazolam

Clonazepam (klonopin) Midazolam (versed)

Diazepam (valium) Xanax (alprazolam)

**ANTIDEPRESSANTS / MIGRAINE / MISCELLANEOUS:**

Amitriptyline (Elavil) Mirtazapine (Remeron)

Amoxapine Nortriptyline (Pamelor)

Bupropion (Wellbutrin) Prochlorperazine (Compazine)

Clonidine Protriptyline

Clomipramine Quetiapine (Seroquel)

Desipramine Trazodone (Oleptro)

Doxepin Trimipramine

Eszopiclone (Lunesta) Zolpidem (Ambien)

Imipramine

**OTHER:**

Advil PM Prednisone > 20mg

Contact Robitussin PM

Dicyclomine (Bentyl) Triaminic

Medrol > 20mg Tylenol PM

Nyquil Vicks Nighttime

Omalizumab (Xolair) **6mo** ZzzQuil

**Any other products containing “PM”**

**Any cough or cold medicine with antihistamines**

**Topical steroid creams to arms or back for 21 days**

**HERBAL SUPPLEMENTS:**

Butterbur Vitamin C > 500mg

Feverfew Vitamin D > 1000 IU Stinging Nettle Multivitamins

CurcuminQuercetin

Licorice (glycyrrhiza glabra) Turmeric

\*Other herbal supplements may interfere

Allegra (Fexofenadine)

Benadryl (Diphenhydramine)

Brompheniramine (Actifed, Dimetapp, Drixoral)

Carbinoxamine Maleate

Chlorpheniramine (Chlor-Trimeton, tussinex)

Claritin, Alavert (loratadine)

Clarinex (desloratadine)

Clemastine (Tavist, Antihist)

Cyproheptadine (Periactin)

Dexchlorpheniramine

Dicyclomine

Doxylamine (Nyquil, Unisom)

Dramamine (Dimenhydrinate)

Hydroxyzine (Atarax, Vistaril) **10 days**

Ketotifen (Zaditen)

Meclizine

Mequitazine

Mizolastine

Promethazine (Phenergan)

Xyzal (levocetirizine)

Zyrtec (cetirizine)

**ANTIHISTAMINE NOSE SPRAY:**

Azelastine, Astelin, Astepro, Dymista

Patanase (Olopatadine)

**ANTIHISTAMINE EYE DROPS:**

Bepreve (Bepotastine)

Elestat (epinastine)

Ketotifen (alaway, zaditor)

Optivar (Azelastine)

Naphcon-A

Pataday, Patanol, Pazeo (Olopatadine)

Visine A (pheniramine)

**HEARTBURN MEDICATIONS:**

Pepcid, Tums Dual Action (Famotidine)

Tagamet (Cimetidine)

Famotidine

**\*\*Over the counter allergy, cold, cough, motion sickness, sleep aids, sedation and nasal spray products may contain antihistamines. Make sure you read and check the ingredients carefully and stop those containing antihistamines.**

**\*\*Okay to take OTC nasal sprays without antihistamines, mucinex, mucinex D, pseudoephedrine, phenylephrine, prednisone < 10mg, contraceptive pills, montelukast, nasal saline, neti-pot, xclear and antibiotics.**

**\*\*DO NOT STOP TAKING YOUR ASTHMA INHALERS OR SINGULAIR (MONTELUKAST)\*\***

**7/30/25 CF**