

Medications to Avoid Before Skin Testing

What is Skin Testing?

Skin testing helps us find what you're allergic to by putting tiny amounts of allergens on your skin. Some medicines can hide the results, so we need you to stop them if it's safe for you.

Stop These Medicines 3- 5 days before your visit (IF you can):

We want your test to show the real picture of your allergies. These medications block allergy signs and should be stopped at least 3 days before your test—but only if your symptoms won't get too bad (like lots of itching or hives). Check with us or your doctor first!

STOP Antihistamines:

- Zyrtec (cetirizine)
- Claritin (loratadine)
- Allegra (fexofenadine)
- Xyzal (levocetirizine)
- Benadryl (diphenhydramine)
- Atarax (hydroxyzine)
- Periactin (cyproheptadine)
- Cold or Allergy Meds with Antihistamines: NyQuil, DayQuil, Tylenol PM or anything with "allergy" or "sinus" on the label—check ingredients!
- Antacid medications: Pepcid (famotidine), Tagamet (cimetidine)
- **NASAL SPRYS:** Astepro or Astelin (azelastine), Patanase (olopatadine), Dymista (azelastine-fluticasone), Ryaltris (olopatadine-mometasone), Nasalcrom (cromolyn)
- **EYE DROPS:** Alaway or Zaditor (ketotifen) Bepreve (bepotastine) Pataday (olopatadine), Optivar (azelastine), Lastacaft (alcaftadine), Opcon-A, cromolyn

Do NOT stop these—they're okay for testing and important for you:

- Asthma Meds: Like inhalers (albuterol, Advair) or pills—keep breathing easy!
- Steroids: Like prednisone or methylprednisone
- Mental Health Meds: Like antidepressants or anxiety pills—stay feeling good!
- Any medication if symptoms get unbearable: If stopping makes itching, hives, or other stuff too hard to handle, keep taking it.