

**Guidelines for avoiding antihistamines prior to allergy skin testing**

Antihistamines must be discontinued prior to skin testing. Some antihistamines should be discontinued 48 hours prior to testing and some (as listed) need to be discontinued up to a week prior to testing. Decongestants without antihistamines can be taken up to the time of testing.

Please see the following list for some of the most common medications and when they should be discontinued. If you have any questions about antihistamines in your medication, please check with your physician or your pharmacist.

**TRICYCLIC ANTIDEPRESSANTS (STOP THESE 1 WEEK BEFORE)**

Amitriptyline (Endep, Enovil, Elavil, Emitrip)	Limbitrol
Amoxapine (Asendin)	Nortriptylline (Pamelor, Aventl)
Desipramine (Norpramin, Pertofrane)	Protriptyline (Vivactil)
Doxepin (Adapin, Sinequan)	Seroquel
Imipramine (Janimine, Tipramine, Tofranil)	Trimipgramine (Surmontil)

**ANTIHISTAMINES (STOP 48 HOURS – 1 WEEK BEFORE)**

Actidil	Contac	<b>Palgic – 1 week</b>
Actifed	Coricidin	Pantanase
<b>Alavert – 1 week</b>	Cyproheptadine	<b>Periactin – 1 week</b>
<b>Allegra – 1 week</b>	Deconade	<b>Phenergan – 5 days</b>
<b>Allegra D – 1 week</b>	Deconamine	Polaramine
Allerest	Dexbrompheniramine	Polyhistinen D
Allergesic	<b>Dexchlorpheniramine – 1 week</b>	Promethazine
AllerX	Dimetane	Rondec
Antivert	Dimetapp	Rynatan
Astelin Nasal Spray	Dymista	Ryna – 12-S
Astepro	Diphenhydramine	Semprex
<b>Atarax – 1 week</b>	Doxylamine	Sinutab
Atrohist	Dramamine	Sudafed plus
Azelastine Nasal	Drixoral	Tanafed
Benadryl	Dristan	Tavist
Benylin	Extendryl	Trazodone
Bromfed	Fedahist	Triaminic
Brompheniramine	<b>Fexofenadine – 1 week</b>	<b>TussiCaps – 1 week</b>
<b>Carbinoxamine maleate – 1 week</b>	Flexril (muscle relaxer)	<b>Tussionex pennkinetic – 1 week</b>
Cetirizine	Formula 44	Vicks nyquil
Chlor-trimeton	<b>Histex – 1 week</b>	Vistaril
Chlorpheniramine	<b>Hydroxyzine – 1 week</b>	<b>Xyzal – 1 week</b>
<b>Claritin – 1 week</b>	Isoclor	Zyrtec
<b>Claritin D – 1 week</b>	<b>Loratadine – 1 week</b>	Zyrtec D
<b>Clarinex – 1 week</b>	Naldecon	ALSO, over the counter medication that contain antihistamines.
Clemastine fumarate	Olopatadine Nasal	
Clistin rondec	Optimine	
<b>Clorpheniramine – 1 week</b>	Orahist	
Comtrex	Ornade	