

**Three Rivers Family Medicine, PSC  
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## **Skin Testing**

Allergy patients scheduled for skin testing must not use antihistamine compounds before the skin test appointment. These compounds include not only the classic antihistamines but also certain medications that have antihistamine-like activities such as the tricyclic antidepressants and histamine blocking ulcer medications. If the guidelines listed below are followed, it should ensure the accuracy of your testing.

- **DO NOT TAKE PRESCRIPTION OR OVER-THE-COUNTER ANTIHISTAMINES.** These include: Cold, sinus, and hay fever preparations. If you are taking any of the following discontinue as follows:

**Chlorpheniramine (Teldrin, Co-Tylenol, Dristan, etc.), Brompheniramine (bromphed, Dimetapp)  
Diphenhydramine (Benadryl), Clemastine (Tavist, Tavist-D), Azelastine (Astelin):**

**STOP 72 HOURS PRIOR TO TESTING**

**Fexafenadine (Allegra), Loratidine (Claritin), and Cetirizine (Zyrtec):**

**STOP 7 DAYS PRIOR TO TESTING**

**Hydroxyzine (Atarax, Vistaril): STOP 2 WEEKS PRIOR TO TESTING**

**Hismanal (astemizole): STOP 6 WEEKS PRIOR TO TESTING**

- **YOU MAY TAKE;**
  - Decongestants (Sudafed, Entex-LA, Duratuss, etc.)**
  - Nasal Sprays (Nasalcrom, Beconase, Flonase, Nasonex, etc.)**
  - Asthma Medications and Asthma Inhalers**
- **CONSULT THE PHYSICIAN OR THE NURSE IF YOU TAKE:**
  - Beta Blockers (Propranolol, Atenolol, Metoprolol, etc.)**
  - Tricyclic Antidepressants (Amitriptyline, Doxepin, Imipramine, Etc.)**
  - Histamine-Blocker ulcer medications (Cimetidine, Ranitidine, etc.)**
  - Over the counter sleeping agents**
- **IF IN DOUBT REGARDING ANY MEDICATION, EITHER PRESCRIPTION OR OVER THE COUNTER, DO NOT HESITATE TO CONTACT US.**

