



Medications to stop before skin testing

Welcome to the Allergy Department. Please read the following helpful tips to make your first visit pleasant and productive.

Your first appointment in the Allergy department will consist of a consultation with an Allergy & Asthma specialist. Skin testing may or may not be performed during this visit. If skin testing is ordered, you will need to spend an additional 60-120 minutes in the clinic.

Skin testing may NOT be done if:

- You are Pregnant
- You are taking Beta-Blocker medications (used for high blood pressure, glaucoma, or migraine headache prevention)
- You are taking Antihistamines (see below for details)
- You are ill or wheezing/having increased asthma
- You are under the age of 18, unless accompanied by a parent/legal guardian, or if you have signed permission.

Skin testing is performed by applying a small amount of antigen/allergen with a disposable device, either on the forearm or the back. In some cases, additional skin testing may be recommended which is usually done on a subsequent visit.

In order to assure accurate skin testing results, you must discontinue antihistamines for the appropriate length of time, which varies for different medications as follows:

Medication	Length of time	Medication	Length of time
Claritin (Loratadine)	5 days	Allegra (Fexofenadine)	5 days
Clarinex (Desloratadine)	5 days	Atarax (Hydroxyzine)	3 days
Zyrtec (Cetirizine)	5 days	Astelin (Azelastine)	5 days
Dimetapp (Brompheniramine)	3 days	Deconamine (Chlorpheniramine)	2 days
Benadryl (Diphenhydramine)	2 days	Other OTC cold & cough medicine or anti-acids (i.e. pepcid, zantac, tagamet)	2 days

DO NOT STOP taking your asthma medication or inhalers, nasal sprays, and medication prescribed for other medical conditions. Please call the allergy department at (408) 851-9100 if you have any questions regarding your medications.