

# Medication Hold Reference Guide

Guidelines for Lubbock – 22<sup>nd</sup> Street and Lubbock – Quaker Ave Patients

## Antihistamines and Antacids

The following is a list of medications that will affect the allergy skin test and should be stopped as detailed below before being tested. If you are unsure about one of your medications, you can call the pharmacy or our office.

- Please check all your medications, including over-the-counter medications and sleep aids, to be sure they do not contain any of the following products.
- Listed below are the generic names with examples of brand names in parentheses.
- This is not an all-inclusive list due to continued advances in medicine; therefore, please check your medications carefully.

No topical steroids applied to the back for 1 month prior to testing. We also recommend all herbal supplements be stopped 1 week prior to testing.

### Antihistamines: Off 2 Weeks Prior to Testing

- Clemastine (Dayhist)
- Cyproheptadine (Periactin)
- Doxylamine (Sleep Aid)
- Hydroxyzine (Vistaril, Atarax) (Stop 8 days prior to testing)
- Meclizine (Antivert, Dramamine Less Drowsy)
- Prochlorperazine (Compazine)

### Antihistamines: Off 7 Days Prior to Testing

- All Antihistamine-Based Sleep Aids (NyQuil, Unisom)
- All Cold/Sinus/Flu or PM Medications (Advil PM, TheraFlu, Tylenol PM)
- Acrivastine (Semprex-D)
- Brompheniramine (Dimetapp, Bromfed)
- Carbinoxamine (Karbinal ER, RyVent)
- Cetirizine (Zyrtec)
- Diphenhydramine (Dramamine, Benadryl)
- Desloratadine (Clarinex)
- Dexchlorpheniramine (RyClora)
- Fexofenadine (Allegra)
- Levocetirizine (Xyzal)
- Loratadine (Alavert, Claritin)
- Promethazine (Phenergan, Promethegan)
- Triprolidine (Histex)

### H2 Antacids (Commonly Used for Reflux): Off 3 Days Prior to Testing

- Cimetidine (Tagamet)
- Famotidine (Pepcid, Zantac 360)
- Nizatidine (Axid)

### Allergy Eye Drops: Off 3 Days Prior to Testing

- Alcaftadine (Lastacaft)
- Azelastine (Optivar)
- Bepotastine (Bepreve)
- Epinastine (Elestat)
- Ketotifen (Zaditor, Alaway)
- Olopatadine (Pataday, Patanol, Pazeo)
- Pheniramine (Naphcon-A, Opcon-A, Visine-A)

### Nasal Sprays: Off 3 Days Prior to Testing

- Azelastine (Astelin, Astepro, Dymista)
- Olopatadine (Patanase, Ryaltris)

Some mood medicines, such as tricyclic antidepressants and benzodiazepines, can affect skin testing, but please do NOT stop these medicines prior to discussing with the prescribing physician and our clinic.

**Other medications to discontinue prior to testing. DO NOT stop these medicines without discussing with the prescribing physician:**

**Off 3 Days Prior to Testing**

- Bupropion (Wellbutrin)
- Desipramine (Norpramin)
- Eszopiclone (Lunesta)
- Trazodone (Oleptro)
- Zolpidem (Ambien)

**Off 7 Days Prior to Testing**

- Alprazolam (Xanax)
- Amitriptyline (Limbitrol, Elavil)
- Clonazepam (Klonopin)
- Diazepam (Valium)
- Doxepin
- Lorazepam (Ativan)
- Midazolam (Versed)
- Mirtazapine (Remeron)
- Nortriptyline (Pamelor)
- Quetiapine (Seroquel)
- Temazepam (Restoril)

**Other medications to discontinue: Off 14 days prior to testing**

- Imipramine (Tofranil)
- Protriptyline (Vicartil)
- Surmontil (Trimipramine)

**Herbal Supplements: Off 5 days prior to testing**

- Astragalus
- Feverfew
- Green Tea
- Licorice
- Milk Thistle
- Saw Palmetto
- St. John's Wart