

# Medication Hold Reference Guide

Guidelines for Patients of Dr. Amanda Lewis at Lubbock – 22<sup>nd</sup> Street and Lubbock – Quaker Ave.

## 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

- Cyproheptadine (Periactin)
- Clemastine (Dayhist)
- Doxylamine (Sleep Aid)
- Meclizine (Antivert, Dramamine Less Drowsy)
- Prochlorperazine (Compazine)
- Promethazine (Phenergan, Promethegan)

### Antihistamines: Off 1 Week Prior to Testing

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

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

- Cimetidine (Tagamet)
- Famotidine (Pepcid)
- Nizatidine (Axid)
- Ranitidine (Zantac)

### 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)

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.