

Medications to Withhold Before Allergy Skin Testing

We look forward to helping you identify your allergies. Skin testing is an essential tool to help identify substances that cause allergic reactions. To ensure accurate test results, it is crucial to withhold certain medications that can interfere with the testing process. Below is a list of medications and the recommended duration for which they should be withheld before your allergy skin test.

Antihistamines

Antihistamines can block the skin's reaction to allergens, leading to false-negative results. It is essential to stop taking these medications before your test.

- First-Generation Antihistamines (examples: Benadryl/Diphenhydramine, Chlorpheniramine, Atarax/Hydroxyzine)
 - Withhold for 72 hours (3 days)
- Second-Generation Antihistamines (examples: Zyrtec/Cetirizine, Claritin/Loratadine, Fexofenadine)
 - Withhold for 7 days
- Antihistamine Nasal Sprays (examples: Azelastine)
 - Withhold for 7 days
 - Please note that you can continue to use steroid nasal sprays (examples: Flonase/Fluticasone, Nasacort)
- Antihistamine Eye Drops (examples: Pataday/Olopatadine)
 - Withhold for 7 days



H2 Blockers

H2 blockers are medications that reduce stomach acid to help with heartburn/reflux and can also have antihistamine effects.

- Examples: Pepcid/Famotidine, Tagamet/Cimetidine
 - Withhold for 48 hours (2 days)
 - Please note that you can continue other heartburn/reflux medications that are proton pump inhibitors (PPIs). Examples are Prilosec/Omeprazole, Nexium/Esomeprazole, and Dexilant/Dexlansoprazole.

Tricyclic Antidepressants

Tricyclic antidepressants have antihistamine properties and may interfere with allergy skin testing. Consult your prescriber before holding any of these medications.

- Examples: Amitriptyline, Nortriptyline, Imipramine, Doxepin
 - Withhold for 7 days

Psychiatric Medications

Some medications known as antipsychotics also have antihistamine properties and may interfere with allergy skin testing. Consult your prescriber before holding any of these medications.

- Examples: Risperdal/Risperidone, Seroquel/Quetiapine
 - Withhold for 2-4 days. Consult your prescriber for specifics.

Beta-Blockers

Beta-blockers are a class of blood pressure medications. They will not interfere with the results of the skin test but will make it more difficult to treat an allergic reaction.

- Examples: Lopressor/Metoprolol, Tenormin/Atendol
 - Withold for 24 hours (1 day)



Important Notes

- 1. **Consult Your Physician**: Before stopping any medication, especially prescription drugs, consult your physician. Your doctor may need to provide alternative treatments during the period leading up to your test.
- 2. **Medical Conditions**: If you have a medical condition that requires continuous medication, do not stop taking your medication without discussing it with your healthcare provider. In some cases, the test may need to be rescheduled, or alternative testing methods may be used.
- 3. **Inform the Testing Facility**: On the day of your test, provide a complete list of all medications you are taking, including over-the-counter drugs, supplements, and herbal products.
- 4. **Rescheduling**: If you inadvertently take a medication that should have been withheld, contact the Center for Allergy and Asthma of Georgia. We may recommend that you reschedule your test or develop an alternative plan.

Following these guidelines will help ensure that your allergy skin testing results are as accurate as possible, aiding in the proper diagnosis and management of your allergies. If you have any questions or concerns, please contact our office. We look forward to seeing you at your next appointment.