



## Texas Allergy

Clinic for Allergy Asthma Sinus and Immunologic Diseases

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### **MEDICATIONS THAT NEED TO BE STOPPED FOR ALLERGY TESTING**

THE FOLLOWING IS A LIST OF MEDICATIONS THAT YOU ***SHOULD STOP TAKING*** PRIOR TO ALLERGY TESTING. THIS ALSO INCLUDES THE LENGTH OF TIME TO AVOID THESE MEDICATIONS.

#### **STOP THE FOLLOWING MEDICATIONS ONE WEEK PRIOR TO TESTING:**

CLARITIN, CLARITIN-D, CLARINEX  
LORATADINE (GENERIC FOR CLARITIN)  
ZYRTEC (CETIRIZINE), ZYRTEC-D, XYZAL (LEVOCETIRIZINE)  
ALLEGRA AND ALLEGRA-D  
FEXOFENADINE (GENERIC TO ALLEGRA)  
ATARAX OR HYDROXYZINE  
CYPROHEPTADINE OR PERIACTIN  
TAVIST (CLEMASTINE)  
ASTELIN NASAL SPRAY, OPTIVAR

AND ALL OTHER UNKNOWN BRAND OF OVER THE COUNTER COUGH/COLD/FLU/SINUS MEDICATIONS

#### **STOP THE FOLLOWING MEDICATIONS AT LEAST 3 DAYS PRIOR TO TESTING:**

ZANTAC or RANITIDINE  
PEPCID OR FAMOTIDINE  
AXID OR NIZATIDINE  
TAGAMET OR CIMETIDINE

BENADRYL OR DIPHENHYDRAMINE  
CHLORPHENIRAMINE OR CHLOR-TRIMETON  
DIMETAPP  
PHENERGAN  
TYLENOL PM  
UNISOM

#### **STOP THE FOLLOWING MEDICATIONS AT MIDNIGHT THE DAY PRIOR TO YOUR APPOINTMENT:**

ACCOLATE (ZAFIRLUKAST)  
REGLAN (METOCLOPRAMIDE)  
SINGULAIR (MONTELUKAST)  
ZYFLO (ZILEUTIN)

There are other drugs that need to be stopped for allergy testing but require your prescribing physician's approval before stopping. Your medication list will be reviewed by your allergist at your first appointment and you will be notified if you are taking any of these medications. Arrangements can then be made with the prescriber to see if you can stop the medication for allergy testing. Also, you do not need to stop antihistamines if you have chronic hives. Please e-mail [info@texasallergygroup.com](mailto:info@texasallergygroup.com) or call clinic at 281-886-7440 if you have any questions about which medications to stop prior to your visit.

#### **THE FOLLOWING MEDICATIONS ARE OKAY TO USE PRIOR TO TESTING:**

ALL INHALERS FOR ASTHMA, NASAL STEROID SPRAYS AND PREDNISONE