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## **MEDICATIONS CONTRAINDICATED WITH ALLERGY SKIN TESTING**

### **Anti-Histamines**

Xyzal  
Zyrtec/Zytec-D  
Allegra/Allegra-D  
Clarinet  
Claritin/Claritin-D  
Benadryl/Diphenhydramine  
Astelin  
Atarax/Hydroxyzine **Herbals**  
AllerX  
Phenergan  
Promethazine  
Meclizine/Antivert  
\*\*over the counter allergy/sinus/cold medicines

### **Antidepressants/Anti-Anxiety**

Amitriptyline/Elavil/Vanatrip  
Clomipramine/Anafranil  
Doxepin/Sinequan/Zonalon  
Imipramine/Tofranil  
Amoxaine/Ascendin  
Desipramine/Norpramin  
Maprotiline/Ludiomil  
Nortriptyline/Aventyl/Pamelor  
Protriptyline/Triptil/Vivactil  
Trimipramine/Surmontil  
Nefazodone/Serzone  
Trazodone/Desyrel  
Mirtazapine/Remeron  
Alprazolam/Xanax  
Clonazepam/Klonopin  
Vistaril  
Lorazepam/Ativan

### **H-2 Blockers (do not take morning of test)**

Tagamet/Cimetidine  
Ranitidine/Zantac  
Nizatidine/Axid  
Famotidine/Pepcid

Licorice  
Green Tea  
Saw Palmetto  
St. John's Wort  
Feverfew  
Milk Thistle

**\*\*You MUST stop taking all anti-histamines 3-4 days before the allergy test**

**\*\*If you are taking any anti-depressants or anti-anxiety meds, do NOT stop taking them—however, you must call the office and we will give you further instructions**

**\*\* Singulair and nasal steroids (Flonase, Nasonex, Nasocort, Rhinocort) do not need to be discontinued**