

Stop Taking These Medications Before Your Allergy Test

It's important to stop taking certain medications before your allergy test at MSK. They can affect the results of your test. These medications are oral antihistamines, antihistamine nasal sprays, H2 blockers, and beta blockers.

The list below includes the most common products, but there are others. Call the Allergy and Immunology office at 646-888-3814, if:

- You're not sure if your medication is an antihistamine, antihistamine nasal spray, H2 blocker, or beta blocker.
- You have concerns about stopping your medication.
- You have any other questions.

If stopping your medication will cause you to have very bad symptoms, tell your doctor. They can find a different way to give you an allergy test if you cannot stop taking your medication.

5 days before your allergy test: Stop taking oral antihistamines (medication you swallow)

Common prescription and over-the-counter oral antihistamines are:

- Cetirizine (Zyrtec®)
- Chlorpheniramine maleate (Chlor-Trimeton®)
- Desloratadine (Clarinex®)
- Diphenhydramine (Benadryl®)
- Fexofenadine (Allegra®)
- Hydroxyzine (Atarax®, Vistaril®)
- Levocetirizine (Xyzal®)
- Loratadine (Alavert®, Claritin®)
- Sleep aides (Advil® PM, Tylenol® PM, Unisom®, Vicks® NyQuil™)

3 days before your allergy test: Stop using antihistamine nasal (nose) sprays

Common prescription and over-the-counter antihistamine nasal sprays are:

- Azelastine HCL (Astelin®, Astepro®)
- Azelastine HCL and fluticasone propionate (Dymista®)
- Olopatadine HCL (Patanase®)

2 days before your allergy test: Stop taking H2 blockers (medication to control heartburn)

Common over-the-counter H2 blockers are:

- Cimetidine (Tagamet®)
- Famotidine (Pepcid®)
- Ranitidine (Zantac®)

1 day before your allergy test: Stop taking beta blockers (medication to lower blood pressure)

Common prescription beta blockers are:

- Atenolol
- Bisoprolol
- Carvedilol
- Labetalol
- Metoprolol
- Propranolol

