Allergy and Asthma Specialists
Dr. Fosso, M.D.

New Patient Skin Test Instructions

There are many different allergy medications that contain antihistamines. You need to have as few antihistamines in your system as possible on the day of your skin test, so we can get clear results. If you have antihistamines in your system at the time of your skin test, we may have to reschedule your test. If you are taking something that is not on the list, and you are not sure if it is an antihistamine, please call the office at 317-872-4213 to find out.

1. **Stop the following medications 7 days prior to your testing appointment.**

   **Oral Antihistamines**
   - Atarax (Hydroxyzine HCL)
   - Clarinex and Clarinex D
   - Doxepin
   - Periactin
   - Vistaril
   - Xyzal

   **Nasal Sprays**
   - Astelin
   - Astepro
   - Patanase

   **H2 Blockers**
   - Axid (Nizatidine)
   - Pepcid (Fomatidine)
   - Tagamet (Cimetidine)
   - Zantac (Ranitidine)

   **OTC Antihistamines**
   - Allegra (Fexofenadine)
   - Allegra D
   - Alavert
   - Claritin (Loratadine)
   - Claritin D
   - Zyrtec (Cetirizine)

   **Eye Drops**
   - Alomide Eye Drops
   - Elestat Eye Drops
   - Livostin Eye Drops
   - Naphcon A Eye Drops
   - Opcon A Eye Drops
   - Optivar Eye Drops
   - Pataday Eye Drops
   - Vascon A Eye Drops
   - Visine AC Eye Drops
   - Zaditor Eye Drops

   **Sleep Aides**
   - Nytol
   - Sleepinal
   - Sominex
   - Tylenol PM
   - Unisom

2. **Stop the following medications 2 days prior to your testing appointment.**

   OTC Antihistamines
   - Benadryl
   - Chlortimetron

3. Please contact our office if you are taking any of the following antidepressants.

   - Amitriptyline (Elavil)
   - Amoxapine
   - Despiramine (Norpramin)
   - Doxepin (Sinequan)
   - Imipramine (Tofranil, Tofranil-PM)
   - Maprotiline
   - Nortriptyline (Aventyl, Pamelor)
   - Protriptyline (Vivactil)
   - Trimipramine (Surmontil)

   If you are taking medications for depression, you should consult the prescribing physician before stopping the medication. We may have to schedule skin testing for a later date.

4. Prednisone should not be taken the day of your testing appointment.
5. Nasal Sprays aside from the ones listed above are fine to continue taking.
6. All Asthma medications (Including Singulair) should be continued.