Please read before your FIRST visit with the Allergy Services

Students, please note that allergy testing is NOT covered by the health service fee and you will be responsible for paying any fees incurred if your insurance does not cover this service, or if UHS does not accept your insurance. For details, see uhs.umich.edu/aithc#fees

ANTIHISTAMINES WILL INTERFERE WITH ALLERGY SKIN TESTS

Allergy skin testing may be an essential part of your allergy evaluation, and antihistamines can interfere with or prevent us from performing these tests at your first visit.

Common antihistamines include:

- Benadryl (diphenhydramine)
- Zyrtec (cetirizine)
- Allegra (fexofenadine)
- Claritin (loratidine)
- Xyzal (levocetirizine)
- Clarinex (desloratidine)
- Astelin (azelastine nasal spray)
- Patanase (olopatadine nasal spray)

A more comprehensive list is included on the back of this page.

The minimum amount of time that must pass before testing depends on the form of medication:
- Antihistamine pills – 5 days before visit.
- Antihistamine nasal sprays and eye drops – 2 days before visit.

If you are only being evaluated for **chronic hives** (daily hives for more than 6 weeks) or **immunodeficiency**, you do not need to stop any medications.

If you have **severe, uncontrolled eczema**, you do not need to stop antihistamines you are taking for itch control.

Patients with **asthma** should not stop their daily inhalers or Singulair (montelukast). It would be preferable if you can refrain from taking your rescue inhaler (albuterol, pirbuterol or levalbuterol) 6 hours before your appointment.

Steroid nasal sprays do not need to be stopped.

If you have questions about whether a medication you are taking may contain antihistamines or have antihistamine effects, please contact your pharmacy. If you still have questions, please feel free to contact our office at 734-764-8320.

Our goal is to safely maximize the benefit of your visit with us, while minimizing your discomfort. We look forward to seeing you!
## Antihistamines to stop 5 days prior to your appointment

### Oral Medications:

<table>
<thead>
<tr>
<th>Antihistamines</th>
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</thead>
<tbody>
<tr>
<td>Azatadine (Optimine, Trinalin)</td>
<td>Hydroxyzine (Atrax, Vistaril, Marax)</td>
</tr>
<tr>
<td>Brompheniramine (Bromfed, Atrohist, Dimetapp, Drixoral)</td>
<td>Fexafenadine (Allegra, Allegra D)</td>
</tr>
<tr>
<td>Cabinoxamine (Rondec)</td>
<td>Levocetirizine (Xyzal)</td>
</tr>
<tr>
<td>Cetirizine (Zyrtec, Zyrtec D)</td>
<td>Loratadine (Claritin, Claritin D, Alavert)</td>
</tr>
<tr>
<td>Chlopheniramine (Chlortrimeton, Poleramine, Naldecone, Deconamine, Rynatan, Kronofed A, Novafed A)</td>
<td>Meclizine (Antivert)</td>
</tr>
<tr>
<td>Clemastine (Tavist)</td>
<td>Methdilazine HCl (Tacaryl)</td>
</tr>
<tr>
<td>Cyproheptadine (Periactin)</td>
<td>Pheniramine (Polysitine D)</td>
</tr>
<tr>
<td>Desloratidine (Clarinex)</td>
<td>Phenindamine (Nolamine, Nolahist)</td>
</tr>
<tr>
<td>Dimenhydrinate (Dramamine)</td>
<td>Promethazine HCl (Phenegan)</td>
</tr>
<tr>
<td>Diphenhydramine (Benadryl)</td>
<td>Pyrilamine (Kronohist, Rynatan)</td>
</tr>
<tr>
<td>Diphenylpyraline (Hispril)</td>
<td>Trimeprazine (Temaril)</td>
</tr>
<tr>
<td>Doxylamine (Bendectin, Nyquil)</td>
<td>Triprolidine (Actifed)</td>
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</tbody>
</table>

### Nasal Sprays:

- Azelastine (Asteline, Astepro)

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**DO NOT stop these medications before your visit:**

- **Corticosteroids:** both oral (Prednisone, Medrol), and inhaled (Beconase, Vancenese, Nasalide, Nasacort, Beclovent, Vanceril, Aerobid, Azmacort, Pulicort, Flovent, Qvar, Advair, Symbicort, Alvesco)
- Cromolyn (Intal) and Nedocromil (Tilade), Pseudoephedrine, Theophylline, Singulair, Accolate, Zyflo

**If possible these oral medications should not be taken 6 hours prior to your visit but the inhaled forms may be used:**

- Ephedrine
- Proventil
- Ventolin
- Alupent