



ROBERT D. COOK, M.D., P.A.  
DIPLOMATE AMERICAN BOARD OF ALLERGY AND IMMUNOLOGY

4150 NORTH LAMAR • AUSTIN, TX 78756  
PH: (512)467-0978 • FX: (512)467-8066  
centraltexasallergy.com

### MEDICATIONS THAT INTERFERE WITH SKIN TESTING

**You have scheduled a skin test that will take at least 2 1/2-3 hours.**  
Please check the list of medications that interfere with skin testing.

- A. You **cannot be skin tested** if you are taking **beta-blocking agents** (medications used to treat high blood pressure heart conditions, migraines, glaucoma and other problems). You will have to consult your physician to see if it is possible to switch to another type of medication. **Do not stop Beta-blockers suddenly or on your own.**
- B. Beta-blocking drugs include: Acebutolol (**Sectral**), Atenolol (**Tenormin, Tenoretic**), Betapace, Betaxolol (**Kerlone and Betopic & Betagan eyedrops**), Bisoprolol (**Zebeta, Ziac**), Carteolol (**Cartrol**), Carvedilol (**Coreg**), Labetalol (**Normodyne, Trandate**), Metoprolol (**Lopressor, Lopressor HCT, Toprol-XL**), Nadolol (**Corgard, Corzide**), Nebivolol (Bystolic), Penbutolol (**Levatol**), Pindolol (**Visken**), Propranolol (**Inderal, Inderal LA, Inderide, Inderide LA**), Timolol (**Blocadren, Timolide, and Timoptic eyedrops**), Metipranolol (Optipranolol).
- C. **YOU CANNOT BE SKIN TESTED IF YOUR ARMS OR BACK ARE SUNBURNED.**
- D. **Do not take** any antihistamines, cold preparations, prescription eye drops (**eg. Pataday, Patanol, Zaditor, Optivar, Elastat**) and some over-the-counter eye drops, or cough syrups 72 hours (**3 full days**) prior to your appointment.

#### Some antihistamines/decongestants/Medications to be stopped:

<u>3 DAYS:</u>		<u>3 WEEKS</u>	<u>10 DAYS</u>
Aleve	Patanol	Claritin	Atarax
Allegra	Sominex	Alavert	Ephedrine
*Aspirin	Sudafed	Clarinex	Hydroxyzine
Astelin	Tylenol Cold	Claritin D	Vistaril
Astepro	Tylenol Flu		
Benadryl	Tylenol Pm		
Ibuprofen	Tussi 12	<u>7 DAYS</u>	
Naproxen	Unisom	Axid	
Pamprin	Xyzal	Pepcid	*May take Aspirin 81 mg
Pataday	Zaditor	Tagamet	
Patanase	Zyrtec	Zantac	

- E. **Do not take 7 days prior to testing:**  
MAO inhibitors and Tricyclic antidepressants (**e.g. Doxepin and Elavil**). Some newer antidepressants may be ok. Some sedatives (for sleep) and some medications for nerves or psychiatric conditions need to be gradually tapered; ask us about any of these that you are taking (consult your M.D. on whether you must taper).
- F. If possible, avoid taking the following medications for the 12 hours preceding your skin test appointment: Ephedrine, Primatine Tabs and some herbal decongestants such as Ma Guang.

#### DO NOT STOP THE FOLLOWING MEDICATIONS:

- A. Prednisone and other steroids **do not** block allergy skin testing and **may be continued** as prescribed.
- B. Beconase, Flonase, Nasacort, Nasarel, Nasalcrom, Nasalide, Nasonex, Rhinocort, Omnaris and Veramyst **do not** interfere with skin testing and **may be continued** as prescribed.
- C. **Asthma medications:** Accolate, Alvesco, Advair, Aerobid, Albuterol, Asmanex, Atrovent, Azmacort, Combivent, Flovent, Foradil, Intal, Maxair, Proventil HFA, Pulmicort, Serevent, Singulair, Symbicort, Tilade, Xopenex **may be continued** without interfering with skin tests.
- D. **Asthmatics should schedule morning testing.**
- E. Birth Control Pills, Hormones and Antibiotics **should be continued** as well.

**IF YOU ARE NOT SURE ABOUT A DRUG, PLEASE CALL BEFORE YOU TAKE IT.**