



Allergy Skin Testing Preparation

Allergy & Asthma Center • Las Vegas

5-day antihistamine rule: Stop most antihistamines at least 5 days before testing unless instructed otherwise.

Medications to Stop

Medication	Examples	Stop Before Testing
Antihistamines	Diphenhydramine, cetirizine, levocetirizine, loratadine, fexofenadine	5 days
Nasal and eye antihistamines	Azelastine, olopatadine, ketotifen	5 days
H2 blockers	Famotidine, cimetidine	48–72 hours
Tricyclic antidepressants	Amitriptyline, doxepin	7 days
Cyclobenzaprine	Flexeril	5–7 days
Motion sickness medications	Meclizine, dimenhydrinate	3–5 days
Nighttime cold medications	NyQuil, Tylenol PM	5 days
Supplements	Quercetin, stinging nettle, valerian, chamomile, cannabidiol (CBD)	5–7 days

Top 5 Medications Patients Commonly Forget to Stop

- Nighttime cold medications (NyQuil, Tylenol PM)
- Motion sickness medications (meclizine, dimenhydrinate)
- Cyclobenzaprine (Flexeril)
- Herbal or allergy supplements (quercetin, stinging nettle)
- Antihistamine nasal sprays (azelastine)

Medications Safe to Continue

- Nasal steroid sprays
- Inhaled asthma medications
- Montelukast
- Antibiotics
- Blood pressure medications
- Thyroid medications
- Decongestants

Systemic Corticosteroids

Prednisone and similar medications usually do not need to be stopped before skin testing.

Biologic Medications

Omalizumab, dupilumab, mepolizumab, benralizumab, and tezepelumab do not need to be stopped.

Dermatographism

If your skin forms raised welts when scratched or rubbed, skin testing may not be accurate. Please call our office before your appointment.

Patient resources: allergyvegas.com

