



Medications to Avoid

Allergy & Asthma Associates, P.C.
2121 Highland Avenue
Knoxville, TN 37916

Please do not take any medications in the following drug categories or any listed below seven (7) days prior to your initial appointment or for scheduled allergy skin testing. Medications with a longer avoidance time are noted. You may resume these medications after testing.

While the following represents a list of the most common medications to avoid, it does not represent an exhaustive list that should be avoided. If you have questions about a medication you are taking and whether or not it should be avoided, please contact us and ask to speak with our nursing staff—(865) 525-2640.

- All over the counter cough, cold or allergy medications
- All appetite suppressants
- All allergy eye drops
- All anti-depressants
- All topical corticosteroids (creams or lotions) applied to the back and arms
- All anti-emetics (anti-vomiting or anti-nausea)
- All anti-histamines
- Any of the following or any combination drug/medication containing any of the following:

Aclovate (on back or arms)	Clemastine	Hydroxyzine	Prozac
Actifed	Corticaine	Imipramine	Rynatan
Alavert	Cyproheptadine	Kenalog (on back or arms)	Rynatuss
Allegra products	Codimal	Kronofed	Semprex
Allerhist	D.A. II	Kwelcof	Sinulin
Amitriptyline	Deseryl	Lanacort (on back or arms)	Sinequan
Antivert	Dexamethazone (on back or arms)	Levocabastine	Tavist
Astelin	Dimetane	Livostin	Topicort (on back or arms)
Atarax	Diphenhydramine	Loratidine	Trinilin
Ativan	Doxepin	Marezine	Tussionex
Atrohist	Dramamine	Meclizine	Tylenol Allergy Sinus
Bactin (on back or arms)	Drixoral	Mellaril	Tylenol PM
Benadryl products	Dura-Vent/DA	Mequitazine	Zolof
Bromfed	Ebastine	Naphcon A	Visteril
Brompheniramine	Elavil – 42 days	Nolahist	Zyrtec
Buspar	Elocon (on back or arms)	Nolamine	Xyzal
Cetirizine	Extendryl	Optivar	
Chlorpheniramine	Famotidine	Pamelor – 42 days	
Chlortrimeton products	Fexofenadine	Patanol	
Cimetidine	Hismanal – 60 days	Periactin	
Clariten products	Hycomine	Phenergan products	
Clarinet	Hydrocortizone (on back or arms)	Promethazine	

- **Note: Skin testing can not be done on patients taking beta blockers or some heart medications. Please contact our office and speak with one of our nursing staff if the patient is taking heart medications or any of the following. DO NOT EVER STOP ANY HEART MEDICATIONS UNLESS DIRECTED BY YOUR PRESCRIBING PHYSICIAN.**

Acebutolol	Carteolol	Lopressor	Sectral
Atenolol	Coreg	Metoprolol	Sotalol
Betapace	Corgard	Nadolol	Toprol
Betaxolol	Inderal	Oxprenolol	Timolol
Bisoprolol	Kerlone	Penbutolol	Zebeta
Blocardren	Labetalol	Pindolol	Ziac
Cartrol	Levatol	Propranolol	