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**\*\*Stop these oral antihistamines at least 5 days before your appointment  
(Generic then Brand name listed please check both)**

**Azelastine** (Astelin, Astepro, Optivar, Dymista)  
**Azatadine** (Optimine, Trinalin)  
**Brompheniramine (Cold-prep meds)** Bromfed,  
Dimetane, Dimetapp)  
**Cabinoxamine** (Rondec)  
**Cetirizine** (Zyrtec)

**Chlopheniramine (Cold-prep meds):**  
Chlortrimeton, Actifed, AlleRx, Contac  
Night/Multisymptom, Coricidin Cold/Flu,  
Deconamine, Kronofed, Naldecone, Novafed-A,  
Rynatan, Sudafed Plus, Triaminic, etc)

**Cimetidine** (Tagamet)  
**Clemastine** (Antihist, Tavist, Tavist-D)  
**Cyclobenzaprine** (Flexeril)  
**Cyproheptadine** (Periactin)  
**Desloratadine** (Clarinex)  
**Dexbrompheniramine** (Drixoral)  
**Dimenhydrinate** (Dramamine)  
**Diphenhydramine** (Benadryl, Dimetapp PM,  
Tylenol PM, Advil PM)

**Diphenylpyraline** (Hispril)  
**Doxylamine** (Bendectin, Nyquil)  
**Famotidine** (Pepcid)  
**Fexofenadine** (Allegra)  
**Hydroxyzine** (Atarax, Vistaril, Marax)  
**Levocetirizine** (Xyzal)  
**Loratadine** (Claritin, Claritin-D, Claritin Redi-tab  
Alavert)  
**Meclizine** (Antivert)  
**Methdilazine HCl** (Tacaryl)  
**Methylscopolamine** (Extendryl)  
**Nizatidine** (Axid)  
**Nyquil Multisymptom**  
**Olopatadine** (Patanase)  
**Phenindamine** (Nolamine, Nolahist)  
**Pheniramine** (Polyhistine D)  
**Promethazine HCl** (Phenegan)  
**Pyrilamine** (Kronohist, Rynatan)  
**Ranitidine** (Zantac)  
**Trimeprazine** (Temaril)  
**Tripolidine** (Actifed)  
**“PM” medications** (Tylenol PM, Advil PM,  
Unisom, Sominex)

If you are taking an **oral/nasal** antihistamine that is not listed above, stop the medicine for **5 days** before your appointment. If you are not sure, please contact our office.

If you are taking any antihistamine **eye drops** (Ketotifen, Azelastine, Pataday, Patanol, Pazeo, Bepreve, Lastacaft, Otpivar) stop the medicine for **2 days** before your appointment.

Some medications such as **antidepressants** and **blood pressure medications** can interfere with testing. **DO NOT STOP THESE MEDICATIONS.** The physician will help determine if the medications need to be stopped prior to proceeding with testing.

Most over the counter **“PM” Medications and most cold-prep combination medications** contain an antihistamine. Please avoid these for 5 days before testing.

**If you are pregnant, please inform our office staff prior to your appointment**

**\*\*If you are on antihistamines for Hives (Urticaria) or an allergic reaction DO NOT STOP prior to the appointment.**



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**The following medications *DO NOT NEED TO BE STOPPED*:**

- Steroid Nasal Sprays/Inhalers Flonase (Fluticasone), Nasacort (Triamcinolone), Rhinocort (Budesonide), Qnasl, Pulmicort, Flovent, Asmanex, Qvar, Arnuity, Advair, Dulera, Symbicort, Breo, etc
- Oral Corticosteroids (Prednisone, Medrol)
- Pseudoephedrine
- Theophylline
- Accolate (Zafirlukast), Zyflo (Zileuton), Singular (Montelukast)
- Atrovent (Ipratropium Bromide)-Nasal Spray/Inhaler
- SSRI antidepressants:
  - paroxetine - Paxil
  - sertraline - Zoloft
  - fluoxetine - Prozac
  - citalopram hydrobromide - Celexa
  - escitalopram - Lexapro
  - venlafaxine - Effexor
- Proton Pump Inhibitors:
  - prilosec
  - aciphex
  - protonix
  - prevacid
  - nexium

Please note: this is not a complete list. Call and check if you have any questions on any other medications

**Continue to take all your other medications as prescribed. Do not stop any other medication without checking with your doctor first. We do control skin tests prior to skin testing to ensure that there are not any interfering medications at the time of testing in your system.**