

**MEDICATIONS NEEDED TO BE STOPPED PRIOR TO THE VISIT (2 PAGES)**

The following antihistamine medications will interfere with allergy testing. Please review and stop them as listed. Call if you are not sure about your medications' ingredients.

You **\*\*DO NOT\*\*** need to stop asthma, blood pressure, diabetes, ADHD, etc. medications or these:

- ♦ Montelukast (Singulair)
- ♦ Nasal steroids, such as Flonase (fluticasone), Nasacort, Rhinocort, Nasonex (mometasone), etc.
- ♦ Eye drops
- ♦ PPIs for heartburn/GERD, like omeprazole, Prilosec, Prevacid, Nexium, Protonix, Dexilant, etc.

**ORAL ANTIHISTAMINES:** **\*\*PLEASE STOP\*\*** these antihistamines **FIVE (5) days** before visit:

- Allegra
- Benadryl
- cetirizine (Aller-tec, Wal-Zyr)
- Claritin
- Clarinex
- cyproheptadine
- desloratadine
- diphenhydramine
- doxepin
- doxylamine (found in many cold & flu nighttime relief products, such as NyQuil)
- fexofenadine (Aller-ease, Aller-fex, Wal-Fex)
- hydroxyzine (generic Atarax, Vistaril)
- levocetirizine
- loratadine (Aller-clear, Wal-itin)
- Periactin
- Xyzal
- Zyrtec
- **Continue your oral antihistamine if you cannot stop due to severe itching, hives or allergic reaction. We can still evaluate and treat you, postponing testing for another time.**

**NASAL ANTIHISTAMINES** (**\*\*PLEASE STOP\*\*** these **3 days** before visit):

- azelastine (Astelin, Astepro)
- Dymista
- olopatadine/Patanase

**Some heartburn (GERD) medications:** **\*\*PLEASE STOP\*\*** these **2 days (48 hours)** before the visit:

- cimetidine (Tagamet)
- ranitidine (Zantac)
- nizatidine (Axid)
- famotidine (Pepcid)

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**ASTHMA MEDICATIONS**

If possible, do not take any of the following inhaled medicines for **at least six (6) hours** prior to your visit. Of course, if you are having trouble breathing, please do take them. Continue any other asthma medications not listed here.

- Albuterol (ProAir, Proventil, Ventolin)
- Combivent
- Levalbuterol (Xopenex)
- Duoneb (albuterol + ipratropium)
- Ipratropium

**ANTIDEPRESSANTS, ANTI-ANXIETY, OTHER PSYCHIATRIC MEDICATIONS**

(Discontinue **48 hours** before testing **\*\*only\*\*** if cleared with prescribing physician)

Alprazolam/Xanax	Effexor/Effexor XR	Paxil
Amitriptyline/Elavil	Elavil	Protiptyline/Triptil/Vivactil
Amoxaine/Ascedin	Imipramine/Tofranil	Prozac
Buspar	Lexapro	Restoril
Clomipramine/Anafranil	Lorazepam/Ativan	Serzone
Clonazepam/Klonoin	Librax	Trazodone/Desyrel
Celexa	Mapotiline/Ludiomil	Trimipramine/Surmontil
Cymbalta	Mirtazapine/Remeron	Welbutrin (Bupropion)
Desipramine/Norpramin	Nefazodone/Serzone	Xanax
Doxepin	Nortriptyline/Aventyl/Pamelor	Zoloft

***If you are on a medication for anxiety or depression that you do not see on the list, please call us to confirm.***