

Preparation for Allergy Testing

All medications listed below will interfere with allergy testing and should not be used for **7 days** prior to your allergy appointment. If your medical condition and/or allergic symptoms will significantly worsen without these medications, please contact us before discontinuing. If you forget to discontinue these medications in time for your appointment, please also contact us so we can determine whether or not your allergy appointment needs to be rescheduled.

- ✓ Loratadine (Claritin, Alavert)
- ✓ Desloratadine (Clarinex)
- ✓ Cetirizine (Zyrtec)
- ✓ Levocetirizine (Xyzal)
- ✓ Fexofenadine (Allegra)
- ✓ Hydroxyzine (Atarax, Vistaril)
- ✓ Cyproheptadine (Periactin)
- ✓ Doxepin (Sinequan, Adapin)
- ✓ Chlorpheniramine (both prescription & OTC brands, including: Ah Chew, Chlor)
- ✓ Trimeton, DAllergy, Deconamine, Durahist, Extendryl, Histavent, Omnihist, Rescon, Rynatan, Triaminic Cold & Allergy, Triaminic Multi-Symptom)
- ✓ Diphenhydramine (several OTC brands, including: Benadryl, Tylenol PM, Tylenol Cold & Sinus, Triaminic Night Time Cold & Cough, Advil Cold & Sinus, Somnex, Nytol)
- ✓ Brompheniramine (Dimetapp, Bromfed)
- ✓ Tripelennamine (Actified, PBZ)
- ✓ Certain motion sickness/nausea medication
(including: Dramamine, Compazine, Meclizine [Antivert], Phenergan [promethazine])
- ✓ Antihistamine nasal sprays (Astelin, Astepro, Patanase, Dymista. NOTE: all other nasal sprays are allowed, see below)
- ✓ Antihistamine eye drops (Alomide, Livostin, Optivar, Pataday, Patanol)

There is NO NEED to discontinue the following medications:

- ✓ Asthma medications
(including Advair, Flovent, Pulmicort, Qvar, Asmanex, Singulair, Zflo)
- ✓ Topical, cortisone nasal sprays
(including Flonase, Nasonex, Nasacort, Rhinocort, Veramyst)
- ✓ Medications for other chronic conditions, including: high blood pressure, acid reflux and any other chronic conditions.

DO NOT stop taking the medications you have for other conditions such as asthma, blood pressure, diabetes etc. ONLY antihistamine-containing medications need to be discontinued. If you are uncertain about your medications, please either call our office or your pharmacist and ask. If you have chronic hives and break out when not taking an antihistamine, do not stop your medications prior to coming in.