

## **PLEASE STOP ANTIHISTAMINES 5 DAYS PRIOR TO NEW PATIENT APPOINTMENTS OR ALLERGY SKIN TESTING**

**\*Do not stop asthma medications or any other medications that do not contain antihistamine!**

**\*\*If you have major hives or swelling, do not stop your antihistamines.**

**\*\*\*Please call us if you have questions about any of your medications interfering with skin testing.**

**\*\*\*\*Do not use oil, cream or lotion on the back or arms for 24 hours prior to skin testing.**

### **COMMON MEDICATIONS CONTAINING ANTIHISTAMINES**

- Actifed (chlorpheniramine)
- Advil PM, Advil Allergy
- Alavert/Claritin (loratadine)
- Allegra (fexofenadine)
- Alka Seltzer P.M.
- Amitriptyline (Elavil)
- Antivert (Meclizine)
- Astelin Nasal Spray (azelastine)
- Astepro Nasal Spray (azelastine)
- Atarax (hydroxyzine)
- Azelastine nose spray (Astepro, Astelin)
- Benadryl (diphenhydramine)
- Bonine (meclizine)
- Cetirizine (Zyrtec)
- Chlorpheniramine (Chlor-Trimeton, Actifed, Tussionex)
- Chlor-Trimeton (chlorpheniramine)
- Clarinex (desloratadine)
- Claritin (loratadine)
- Clemastine (Tavist)
- Cogentin (for Parkinson's disease)
- Comtrex
- Contac
- Coricidin
- Cyproheptadine (Periactin)
- Dallery
- Desipramine (Norpramine)
- Desloratadine (Clarinex)
- Diclesis
- Dimenhydrinate (Dramamine)
- Diphenhydramine (Benadryl)
- Dimetane
- Dimetapp (brompheniramine)
- Doxepin (Sinequan, Adapin)
- Doxylamine
- Dramamine (dimenhydrinate)
- Drixoral
- Duravent LA
- Dymista
- Elavil (amitriptyline)
- Excedrin PM
- Fexofenadine (Allegra)
- Hydroxyzine (Atarax, Vistaril)
- Imipramine (Tofranil)
- Levocetirizine (Xyzal)
- Loratadine (Claritin)
- Meclizine (Antivert, Bonine)
- Norpramine (desipramine)
- Nortriptyline (Pamelor)
- Nyquil
- Nytol
- Olopatadine (Patanase nasal spray)
- Pamelor (nortriptyline)
- Patanase Nasal Spray (olopatadine)
- PBZ (pyribenzamine)
- Pediacare
- Periactin (Cyproheptadine)
- Phenergan (promethazine)
- Promethazine (Phenergan)
- Protriptyline (Vivactil)
- Pyribenzamine (PBZ)
- Robitussin Allergy
- Rondec
- Rynatan
- Sinequan (doxepin)
- Sominex
- Sudafed Cold/Plus (Plain Sudafed is okay)
- Surmontil (trimipramine)
- Tavist (clemastine)
- Theraflu
- Tofranil (imipramine)
- Tylenol PM & similar over the counter sleep aids
- Tussionex (chlorpheniramine)
- Unisom (doxylamine)
- Vistaril (hydroxyzine)
- Vivactil (protriptyline)
- Zyrtec (cetirizine)
- Xyzal (levocetirizine)

**\* Cough/Cold/Allergy or Sinus medications bought over the counter may have antihistamine in them.**

**\* Sleeping aids over the counter often contain antihistamines and should be stopped. Prescription medications for sleep that do not contain antihistamines may be continued. Exceptions are amitriptyline (Elavil), doxepin, desipramine and imipramine, which are also prescribed for pain or depression, and contain antihistamines and should be stopped 5 days prior to your first appointment or allergy testing.**

**\* Antihistamine allergy eye drops (Patanol, Pataday, olopatadine, Elestat, Optivar, Bepreve, Lastacaft) and other over the counter allergy eye drops such as Zaditor, ketotifen, Naphcon-A, Opcon-A, Visine AC and all generic allergy eye drops should be stopped 5 days prior to your first appointment or allergy skin testing.**

**\* Plain Sudafed (pseudoephedrine) and phenylephrine are only decongestants and when not added in with an antihistamine are okay and do not need to be stopped. Afrin (oxymetazoline) and NeoSynephrine (phenylephrine), decongestant nose sprays, are also okay. All steroid nose sprays are okay.**