

It is **VERY important** that you review the information regarding antihistamine usage before your scheduled appointment. If you are unsure whether your medication contains an antihistamine, please check with your pharmacist.

STAY OFF 36 HOURS:

All other Antihistamines or Decongestant/Antihistamine combination medications.

Most over the counter pain medications, cold remedies, cough syrups

(Actifed Palgic D, DS , Alka-Seltzer Plus/Cold Products,Theraflu,Advil allergy sinus)

Sleep aid(prescription and OTC), Tylenol PM, Motrin PM,

Tranquilizers, muscle relaxers, sedatives (Valium,Xanax)

DISCONTINUE 48 hours before testing:

Antihistamine Eye drops (Bepreve, Elestat, Optivar, Pataday, Zaditor, Patanol)

Antihistamine Nasal Sprays (Astelin, Astepro, Patanase stelin nasal spray

DISCONTINUE 72 hours before testing:

Benadryl (Diphenhydramine)

Benadryl Topical Cream

Patanol Eye Drops

Atarax (Hydroxyzine)

Advil Allergy Sinus

DISCONTINUE 5 days before testing:

Claritin Products

Clarinex

Zyrtec Products

Allegra

Doxepin

Xyzal

DISCONTINUE 7 days before testing:

Nortriptyline

Amitriptyline

Examples of medications that patients CAN continue to take: Steroids (prednisone), Decongestants (e.g. Duratuss, Entex LA, Guaifed, Sudafed, Panmist LA), Pseudoephedrine, Asthma Inhalers, Albuterol, Steroid Nasal Sprays (e.g. Flonase, Rhinocort, Nasonex, Nasacort), prescribed creams, and any other meds that don't pertain to allergies or asthma. Additional examples: Veramyst, Singulair, Sdva

DO NOT STOP YOUR BLOOD PRESSURE, HEART, DIABETES OR ASTHMA medications.

If in doubt ,check with your pharmacist or call our office.