

## Antihistamines

**\*\*NO antihistamines for 7 days before the appointment\*\***

### **By Mouth:**

Alavert (Loratadine)  
Allerga (Fexofenadine)  
Atarax (Hydroxyzine)  
Benadryl (diphenhydramine)  
Bromfed  
Clarinet (Desloratadine)  
Claritin (Loratadine)  
Flexeril  
Phenergan  
Tylenol Cold and Sinus  
Advil Cold and Sinus  
DayQuil  
NyQuil  
Robitussin NIGHT  
Unisom  
Xyzal (Levocetirizine)  
Zyrtec (Ceterizine)  
\*\*\*\*Any cold medicine with the word "Night"  
Tylenol PM  
Advil PM

### **Acid Blockers:**

Pepcid (Famotidine)  
Zantac (Ranitidine)

### **Tricyclic Antidepressants:**

Amitriptylline  
Doxepin  
Elavil  
Adapin  
Sinequan  
Tofranil  
Trazadone

### **Pain Medication:**

Relpax

### **Nose Sprays:**

Astelin (Azelastine)  
Astepro  
Patanase

### **Eye Drops:**

Pataday  
Patanol  
Optivar (Azelastine)  
Emadine (emadastine) eyedrops  
Livostin (levocabastine) eyedrops  
Zatidor  
Alaway

Over the counter "Allergy Eye Drops- Antihistamine"

\*\*\* OK to continue: Sudafed only, Nasacort, Veramyst, Rhinocort, Nasonex, Singular, Omnaris, Flonase, Fluticasone, Beta Blocker, Nexium