



## ALLERGY ASTHMA & IMMUNOLOGY ASSOCIATES, LTD

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### PLEASE STOP ANTIHISTAMINES FOR 7 DAYS PRIOR TO ALLERGY TESTING

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

#### Common medications containing antihistamines:

##### **Antihistamines**

Acrivastine  
Advil Allergy  
Allegra (fexofenadine)  
Allegra-D  
Actifed  
Alavert (loratadine)  
Allerx  
Atarax (hydroxyzine) 8 days  
Benadryl (diphenhydramine)  
Bromfed  
Brompheniramine  
Carbinoxamine  
Cetirizine (Zyrtec)  
Chlorpheniramine  
Clarinox (desloratadine)  
Claritin (loratadine)  
Claritin D  
Clemastine (10 days)  
Cyproheptadine (Periactin) (11 days)  
Deconamine  
Desloratadine (Clarinox)  
Dimenhydrinate (Dramamine)  
Dimetane  
Diphenhydramine (Benadryl)  
Dramamine (dimenhydrinate)  
Fexofenadine (Allegra)  
Hydroxyzine (Atarax, Vistaril)  
Levocetirizine (Xyzal)  
Loratadine (Claritin)  
Palgic (carbinoxamine)  
Periactin (cyproheptadine) (11 days)  
Tavist (clemastine) (10 days)  
Vistaril (hydroxyzine)  
Xyzal (levocetirizine)  
Zyrtec (cetirizine)  
Zyrtec-D

##### **Digestive Aids**

Axid (nizatidine)  
Cimetidine (Tagamet)  
Famotidine (Pepcid)  
Nizatidine (acid)  
Pepcid (famotidine)  
Ranitidine (Zantac)  
Tagamet (cimetidine)  
Zantac (ranitidine)

##### **Eye Drops**

All generic allergy eye drops  
Azelastine eye drops  
Bepreve  
Elestat  
Ketotifen  
Naphcon-A  
Olopatadine  
Opcon-A  
Optivar  
Pataday  
Patanol  
Visine AC  
Zaditor

##### **Nasal sprays**

Astelin Nasal Spray (azelastine)  
Azelastine Nasal Spray (Astelin,  
Astepro)  
Dymista  
Olopatadine nasal spray (Patanase)  
Patanase (olopatadine)

##### **Other**

Amitriptyline (Elavil)  
Elavil  
Midol Complete  
Trazodone

##### **Cough/Cold Medications**

Brompheniramine (Dimetapp)  
Comtrex Cold and Flu  
 Contac Cold+ Flu  
Dimetap (brompheniramine)  
Drixoral Cold and Allergy  
Nyquil  
Robitussin Allergy  
Robitussin Flu  
Sudafed Cold/Plus (plain Sudafed is ok)  
Theraflu  
Triaminic  
Tussionex (chlorpheniramine)  
Unisom

##### **Anti-nausea/Motion Sickness**

Antivert (meclizine)  
Bonine (meclizine)  
Meclizine  
Phenergan (promethazine)  
Promethazine (Phenergan)

##### **Sleep Aids**

Advil PM  
Alka Seltzer P.M.  
Benadryl  
Excedrin PM  
Midol PM  
Nytol  
Somnol  
Tylenol PM  
Silenor (doxepine)

#### MEDICATIONS THAT ARE OK:

- Asthma inhalers (**Flovent, Advair, Symbicort, Asmanex, Dulera, Qvar, Alvesco, Breo, albuterol**) and **Singular**
- Proton Pump Inhibitors (**Aciphex, Nexium, Prevacid, Protonix, rabeprazole, esomeprazole, lansoprazole, pantoprazole**)
- **Plain Sudafed (pseudoephedrine) and phenylephrine** when not added in with an antihistamine
- Decongestant Nasal Sprays **Afrin (oxymetazoline), Neosynephrine (phenylephrine)**
- All steroid nasal sprays (**fluticasone, Flonase, Nasonex, Nasacort AQ, Veramyst, Omnaris**)
- Prescription Sleep Aids (**Ambien, Lunesta, Ramelteon, Zolpidem, Sonata, Belsomra, Rozerem**) along with **Melatonin**
- Antibiotics, blood pressure medication, Cholesterol medications, **Prednisone**