



Your First Visit

1. Stop allergy medications 7 days prior to your appointment as these medications can interfere with allergy skin testing results. Some medications can be stopped only 48 hours prior to your appointment. Here is a list of medications and when they need to be stopped.

DISCONTINUE longer acting antihistamines **7 DAYS PRIOR TO TESTING:**

- *Allegra (fexofenadine) products
- *Astelin/Astepro/Patanase nasal spray
- *Claritin/Clarinetex (loratidine/desloratidine) products
- *Zyrtec (cetirizine) products
- *Xyzal (levocetirizine)

DISCONTINUE short acting antihistamine containing drugs **48 HOURS PRIOR TO TESTING:**

- *Azatadine (Optimine, Trinalin)
- *Brompheniramine (Bromfed, Bromphen, Cophene-B, Dallery-JR, Dimetapp Allergy Liqui-Gels, Lordane products, Nasahist B, Poly-Histine products, Rondec, Ultrabrom products)
- *Chlorpheniramine (Aller-Chlor, Atrohist products, Chlor-Trimeton, Duravent DA, Extendryl, Kronofed, Nolamine, Ormade Spansule, Pediacare Allergy Formula, Respar-A.R.M., Sudafed Cold and Allergy, Sinutab Sinus Allergy, Teldrin, Tylenol Cold and Allergy products)
- *Clemastine (Contac 12 Hour Allergy, Tavist products)
- *Cyproheptadine (Periactin)
- *Dexchlorpheniramine (Dexchlor, Polaramine)
- *Dimenhydrinate (Calm X, Dinat, Dramamine, Dramanate, Hydrate, Triptone Caplets)
- *Diphenhydramine (AllerMax Caplets, Benadryl, Compoz, Diphen Cough, Diphenhist, Dormarex 2, Genahist, Hyrexin, Nervine Nighttime Sleep-Aid, Nytol, Siladryl, Sleep-Eze D, Sominex, Twilite Caplets, Tylenol Cold and Allergy products, Unisom SleepGels)
- *Doxylamine (Tylenol Flu Nighttime, Unisom Nighttime Sleep Aid)
- *Phenindamine (Nolahist, Nolamine, Poly-Histine products, Triaminic products)
- *Tripelenamine (PBZ, PBZ-SR, Pelamine)

DISCONTINUE acid reflux/stomach drugs (histamine blockers) **48 HOURS PRIOR TO TESTING:**

- *Cimetidine (Tagamet)
- *Nizatidine (Axid)
- *Famotidine (Pepcid)
- *Ranitidine (Zantac)
- *Zegerid

2. Bring a list of all medications that you take

3. Bring copies of any recent laboratory tests that your primary doctor may have performed including blood counts (CBC), kidney function (Creatinine) liver function (AST/ALT/Alk-Phos, Bilirubin) and thyroid testing.