

Medication Instructions

To get accurate results, please do not take any long acting antihistamines for the seven days prior to your appointment and short acting for three. Please be aware that various sleep or cold medications contain antihistamines, and these need to be stopped as well.

See list below.

STOP 7 DAYS PRIOR	STOP 3 DAYS PRIOR
<ul style="list-style-type: none">• Allavert (Loratadine)• Allegra Products (Fexofenadine)• Atarax/Vistaril (Hydroxine)• Claritin Products (Loratidine)• Clarinex Products• Dimetapp-ND• Doxepin• Xyzal (Levocetirizine)• Zyrtec Products (Cetirazine)• Motion Sickness/Nausea: Meclizine, Phenergan, Dramamine	<ul style="list-style-type: none">• Allerest• Azelastine• Benadryl (Diphenhydramine)• Contac• Chlor-Trimeton (Chlorpheniramine)• Optimine• Periactin (Cyproheptadine)• Sudafed Plus• Tavist Products (Clemastine)• Antacids such as Alka Seltzer Plus, Zantac, Pepcid• Cold and Cough Medicines: Nyquil, Tylenol PM, Triaminic,• Nasal Sprays: Astelin, Astepro, Drixoral, Patanase,• Sleep Aids: Zzzquil, Unisom

Tricyclic antidepressants (e.g. amitriptyline), some psychiatric medications and certain ulcer medications (Zantac, Pepcid, Axid and Tagament) may affect skin testing. Many psychiatric medications need to be stopped 3-7 days before testing and most ulcer and reflux medications (except Prilosec, Prevacid, Omeprazole, Nexium, etc.) should be stopped 1 day before testing. Please contact your prescribing physician before stopping these medications. **If you have any questions, please call us.**

If you feel you cannot stop one of the above medications without becoming sick, you may remain on your medication.

Medications that need **NOT** be stopped prior to your appointment:

- Sudafed (pseudoephedrine)
- Oral and inhaled corticosteroids (e.g. Prednisone, Medrol, Vanceryl, Azmacort, Beclovent, AeroBid, Pulmicort, Advair, Flovent, QVAR, Nasocort, Rhinocort, Vancenase, Flonase, Nasonex, Veramyst, etc.)
- Antibiotics
- Pure Theophylline preparations (e.g. Slo-Bid, Uniphyl, Theo-Dur, Quibron)
- Bronchodilator inhalers (e.g. Proventil, Ventolin, Serevent, Maxair, Atrovent, Foradil, etc.)
- Cromolyn Sodium (e.g. Intal) and Nedocromil Sodium (e.g. Tilade)
- Singulair

Please visit our website Allergyme.com for directions and more information.