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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.**

**a. DISCONTINUE 72 hours before testing:**

- Benadryl (Diphenhydramine)
- Benadryl Topical Cream
- Patanol Eye Drops (Olopatadine)
- Atarax (Hydroxyzine)
- Advil Allergy Sinus
- Dymista (Contains Azelastine)
- Stahist
- Ahist (Chlorcyclizine)
- Astelin (Azelastine)
- Astepro (Azelastine)
- Patanase (Olopatadine)
- Zantac (Ranitidine)
- Pepcid (Famotidine)
- Tagamet (Cimetidine)
- Axid (Nizatidine)

**b. DISCONTINUE 5 days before testing:**

- Claritin Products (Loratadine)
- Clarinex (Desloratadine)
- Zyrtec Products (Cetirizine)
- Allegra (Fexofenadine)
- Doxepin
- Xyzal (Levocetirizine)

**c. DISCONTINUE 7 days before testing:**

- Nortriptyline
- Amitriptyline

**d. ALL OTHER ANTIHISTIMINES – discontinue 36 hours before testing**

**Detailed list of Antihistamines**

**STAY OFF 36 HOURS:** *All other Antihistamines or Decongestant/Antihistamine combination medications. Below is a list of the most common:*

Actifed	Palgic D, DS
Alka-Seltzer Plus/Cold Products (some)	Pancof HC
AlleRx	Pannaz
Bromfed Products	PBZ, PBZ-SR (Tripeleennamine)
Chlor-Trimeton	Polyhistine Products

Codimal Products  
Comhist Products  
Comtrex Products  
Contact Products (some)  
Dallergy Products  
Deconamine, SR or S  
Dimetane  
Dimetapp Products  
Donatussin  
Drixoral  
Duradryl Syrup  
Extendryl Products  
Histex PD, SR  
Kronofed-A  
Mescolor  
Naldecon  
Novafed A  
Optimine

Rutuss  
Ryna 12 S  
Rynatan  
Rynatuss  
Semprex Products  
Sine-Off Sinus Medicine  
Sinutab Maximum Strength  
Sudafed Cold & Allergy  
Tanafed  
Tavist Products  
Teldrin  
TheraFlu Products  
Triaminic  
Trinalin  
Tussend  
Tussi 12  
Tussionex  
Tylenol Allergy/Cold (some)

**STAY OFF 72 HOURS:**

Atarax – Generic Hydroxyzine  
Benadryl Products (Including Topical Cream) – Generic  
Advil Allergy Sinus  
Diphenhydramine  
Tylenol PM, Motrin PM  
BroveX  
DuraHist  
Meclizine  
Periactin – Generic Cyproheptadine  
Rondec  
Antihistamine Eye drops (Bepreve, Elestat, Optivar, Pataday, Zaditor, Patanol)  
Antihistamine Nasal Sprays (Astelin, Astepro, Patanase)  
Zanaflex (muscle relaxant)

**STAY OFF 5 DAYS:**

Alavert  
Allegra Products – Generic Fexofenadine  
Chlorex-D  
Clarinex or Clarinex D  
Claritin Products – Generic Loratidine  
Doxepin  
Xyzal  
Zicam  
Zyrtec Products – Generic Cetirizine

**STAY OFF 7 DAYS:**

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