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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 48 hours before testing:**
 - o Astelin

- b. **DISCONTINUE 72 hours before testing:**
 - o Benadryl (Diphenhydramine)
 - o Benadryl Topical Cream
 - o Patanol Eye Drops
 - o Atarax (Hydroxyzine)
 - o Advil Allergy Sinus

- c. **DISCONTINUE 5 days before testing:**
 - o Claritin Products
 - o Clarinex
 - o Zyrtec Products
 - o Allegra
 - o Doxepin
 - o Xyzal

- d. **DISCONTINUE 7 days before testing:**
 - o Nortriptyline
 - o Amitriptyline

- e. **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 (Tripeleannamine)
Chlor-Trimeton	Polyhistine Products
Codimal Products	Rutuss
Comhist Products	Ryna 12 S
Comtrex Products	Rynatan
Contact Products (some)	Rynatuss
Dallergy Products	Semprex Products
Deconamine, SR or S	Sine-Off Sinus Medicine
Dimetane	Sinutab Maximum Strength
Dimetapp Products	Sudafed Cold & Allergy

Donatussin
Drixoral
Duradryl Syrup
Extendryl Products
Histex PD, SR
Kronofed-A
Mescolor
Naldecon
Novafed A
Optimine

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
Clarinet or Clarinet 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