

IMPORTANT MEDICATION INSTRUCTIONS:

You **must NOT** take any antihistamines for at least **one week** before your allergy test. Antihistamines are allergy relief medications and will interfere with the results of your skin testing. Antihistamines are available over-the-counter and by prescription. Please check the list below before taking any medications.

Acrivastine	Chlor-Trimeton[®]	Patanase[®]
Alavert[®]	Claritin[®]	Periactin[®]
Allegra[®]	Clarinex[®]	Phenergan[®]
Amitriptyline	Dimetane[®]	Polaramine[®]
Antivert[®]	Diphenhydramine	Pripelennamine
Astelin[®]	Doxepin hydrochloride	Sinequan[®]
Astepro[®]	Dramamine[®]	Tavist[®]
Atarax[®]	Elavil[®]	Tekral[®]
Azelastine	Fexofenadine	Temaril[®]
Benadryl[®]	Loratadine	Thorazine[®]
Carbinoxamine Maleate	Meclizine hydrochloride	Vistaril[®]
Cetirizine	Optimine[®]	Xyzal[®]
Chlorpheniramine Maleate	Palgic[®]	Zyrtec[®]

Please avoid the following medications that are sold by prescription or over-the-counter:

- Over-the-counter sleep aids
- Appetite suppressant/diet medications
- Medications with the words “allergy relief” or “PM” such as:
Tylenol[®] **PM**
Tylenol[®] **Sinus and Allergy**
Excedrin[®] **PM**

Please notify your ENT physician or allergy nurse if you are taking any steroids, anti-depressants, or high blood pressure medications.

You may continue to take all other medications you have been taking including:

- Sudafed[®] or pseudoephedrine (as long as there is no history of high blood pressure)
- Steroid nasal sprays (Flonase[®], Rhinocort[®], Nasonex[®], Nasacort[®], Nasarel[®], Veramyst[®], Fluticasone, Omnaris[®], etc.)
- Guaifenesin (Humibid[®], Robitussin[®], Liquibid[®], Profen II Forte[®], Duratuss[™], Mucinex[®])
- Pain medications – OTC and Prescription – (Tylenol[®]/acetaminophen, Excedrin[®], Aleve, Advil[®]/ibuprofen/Motrin[®], Aspirin[®])
- Singular[®]
- Asthma Inhalers