

Allergy Asthma Immunology of Rochester, P.C.

These medications should NOT BE TAKEN 7 DAYS PRIOR TO SKIN TESTING.

ORAL ANTIHISTAMINES:

Allegra (Fexofenadine)
Astemizole
Benadryl (diphenhydramine)
Brompheniramine (actifed, dimeatapp, Drixoral)
Carbinoxamine Maleate
Chlopheniramine (chlortrimeton tussinex)
Claritin, Alavert (loratadine)
Clarinx (desloratadine)
Clemastine (Tavist, Antihist)
Cyproheptadine (pericatin)
Dexchlorpheniramine
Dimenhydrinate (Dramamine)
Doxylamine (nyquil, unisom)
Dramamine (dimenhydrinate)
Hydroxyine (atarax, marax, Vistaril) **10 days**
Ketotifen (Zatiden)
Marax
Metquitazine
Mizolastine
Promethazine (Phenergan)
Xyzal (levocetirizine)
Zyrtec (cetirizine)

ANTIHISTAMINES NOSE SPRAY:

Astelin, Astepro, Dymista (Azelastine)
Patanase (Olopatadine)

ANTIHISTAMINES EYE DROPS:

Bepreve (Bepotastine)
Elestat (epinastine)
Ketotifen (alaway, zaditor)
Optivar (Azelastine)
Naphcon-A
Pataday, Patanol, Pazeo (Olopatadine)
Visine A (pheniramine)

HEARTBURN MEDICATIONS:

Pepcid, Tums Dual Action (Famotidine)
Tagamet (Cimetidine)
Zantac (Ranitidine)

****Do not stop benzodiazepines, antidepressants, sedatives or neurologic medications without consulting your prescribing physician.**

BENZODIAZEPINES:

Ativan (lorazepam)	Estazolam
Clonazepam (klonopin)	Midazolam (versed)
Diazepam (valium)	Xanax (alprazolam)

ANTIDEPRESSANTS / MIGRAINE / MISCELLANEOUS:

Amitriptyline (Elavil)	Phenergan (promethazine)
Amoxampine	Prochlorperazine (Compazine)
Bupropion (Wellbutrin)	Protriptyline
Clomipramine	Quetiapine (Seroquel)
Desipramine	Trazodone (Oleptro)
Doxepin	Trimipramine
Eszopiclone (lunesta)	Zolpidem (Ambien)
Imipramine	
Mirtazapine (Remeron)	
Nortriptyline (pamelor)	

OTHER:

Advil PM	Robitussin
Contact	Sudafed D
Medrol > 20mg	Triaminic
Nyquil	Tylenol PM
Prednisone > 20mg	Vicks Nighttime
ZzzQuil	Omilizumab (Xolair) 6mo
Any other products containing "PM"	
Topical steroids to arms or back for 21 days	

HERBAL SUPPLEMENTS:

Butterbur	Vitamin C > 500mg
Feverfew	Vitamin D > 1000 IU
Stinging Nettle	Quercetin
Licorice (glycyrrhiza glabra)	

****Over the counter allergy, cold, cough, motion sickness, sleep aids, sedation and nasal spray products may contain antihistamines. Make sure you read and check the ingredients carefully and stop those containing antihistamines.**

****Okay to take OTC nasal sprays without antihistamines, mucinex, mucinex D, pseudoephedrine, phenylephrine, prednisone < 10mg, Contraceptive pills, Montelukast, nasal saline, netti pot, xclear and antibiotics.**

****DO NOT STOP TAKING YOUR ASTHMA INHALERS OR SINGULAIR (MONTELUKAST)****