**Allergy Asthma Immunology of Rochester, P.C.**

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

***\*\*No fasting required before appointment. Please eat a meal and drink water before your appointment time.\*\****

**ORAL ANTIHISTAMINES: \*\*Do not stop benzodiazepines, antidepressants,**

Allegra (Fexofenadine) **sedatives or neurologic medications without**

Astemizole **consulting your prescribing physician.**

Benadryl (Diphenhydramine)

Brompheniramine (Actifed, Dimetapp, Drixoral) **BENZODIAZEPINES:**

Carbinoxamine Maleate Ativan (lorazepam) Estazolam

Chlopheniramine (chlortrimeton tussinex) Clonazepam (klonopin) Midazolam (versed)

Claritin, Alavert (loratadine) Diazepam (valium) Xanax (alprazolam)

Clarinex (desloratadine)

Clemastine (Tavist, Antihist) **ANTIDEPRESSANTS / MIGRAINE / MISCELLANEOUS:**

Cyproheptadine (Periactin) Amitriptyline (Elavil) Phenergan (promethazine)

Dexchlorpheniramine Amoxampine Prochlorperazine (Compazine)

Dimenhydrinate (Dramamine) Bupropion (Wellbutrin) Protriptyline

Doxylamine (Nyquil, Unisom) Clomipramine Quetiapine (Seroquel)

Dramamine (Dimenhydrinate) Desipramine Trazodone (Oleptro)

Hydroxyine (Atarax, marax, Vistaril) **10 days** Doxepin Trimipramine

Ketotifen (Zatiden) Eszopiclone (lunesta) Zolpidem (Ambien)

Marax Imipramine

Metquitazine Mirtazapine (Remeron)

Mizolastine Nortriptyline (pamelor)

Promethazine (Phenergan)

Xyzal (levocetirizine)

Zyrtec (cetirizine) **OTHER:**

 Advil PM Robitussin

**ANTIHISTAMINE NOSE SPRAY:** Contact Sudafed D

Astelin, Astepro, Dymista (Azelastine) Medrol > 20mg Triaminic

Patanase (Olopatadine) Nyquil Tylenol PM

 Prednisone > 20mg Vicks Nighttime

**ANTIHISTAMINE EYE DROPS:** ZzzQuil Omalizumab (Xolair) **6mo**

Bepreve (Bepotastine) Any other products containing “PM”

Elestat (epinastine) Topical steroids to arms or back for 21 days

Ketotifen (alaway, zaditor)

Optivar (Azelastine) **HERBAL SUPPLEMENTS:**

Naphcon-A Butterbur Vitamin C > 500mg

Pataday, Patanol, Pazeo (Olopatadine) Feverfew Vitamin D > 1000 IU

Visine A (pheniramine) Stinging Nettle Quercetin

CurcuminTurmeric

**HEARTBURN MEDICATIONS:** Licorice (glycyrrhiza glabra)

Pepcid, Tums Dual Action (Famotidine)

Tagamet (Cimetidine)

Zantac (Ranitidine)

**\*\*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, neti-pot, xclear and antibiotics.**

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

**6/21; 10/22; 8/24-rev-LA**