



**FAIRFIELD COUNTY ALLERGY, ASTHMA
& IMMUNOLOGY ASSOCIATES, P.C.**
ADULT AND PEDIATRIC ALLERGY, ASTHMA AND CLINICAL IMMUNOLOGY
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PREPARING FOR YOUR ALLERGY VISIT

In order for your allergist to perform allergy skin testing, antihistamines need to be withheld for 1 week before your visit. The table below lists examples of antihistamines that are commonly prescribed or taken over the counter. You do NOT need to stop nasal steroids sprays, inhaled or nebulized steroids for asthma, or montelukast. If possible, albuterol and levalbuterol (Xopenex) should be held for 4-6 hours before your visit.

If you are unable to stop antihistamines, you do not necessarily need to reschedule your appointment. Your allergist does a lot more than allergy skin testing. Even if skin testing cannot be done at your first visit, your allergist will be able to do a thorough history and physical exam, lung function testing (if indicated), and most importantly start a treatment plan designed to get you feeling better.

Please keep in mind that the table below lists examples of antihistamines and is not comprehensive. If you are not sure if a medication is an antihistamine, you may contact our office to clarify.

GENERIC NAME	BRAND NAME
Alcaftadine	Lastacaft
Azelastine	Astelin, Astepro nasal sprays
Bepotastine	Bepreve
Brompheniramine	Dimetapp, Bromax
Carbinoxamine	Palgic, Pediox, Pediatex, Karbinal ER, Histex PD products, Carboxine, Arbinoxa, Ryvent
Cetirizine	Allertec, Zyrtec products, Quzyttir,
Chlorpheniramine	Chlor-Trimeton, Triaminic, Wal-finat, Ed ChlorPed products, Ed-Chlortan, ChlorTan, Chlor-Mal, Chlo-Amine, C.P.M, PediaTan
Cromolyn	Crolom
Desloratadine	Clarinex products
Dexchlorpheniramine	Polaramine, Ryclora, Polmon
Diphenhydramine	Benadryl products, Diphedryl, Nytol, Sominex, Simply Sleep, Compoz, Banophen, Diphen, Valu-Dryl, Twilite, Sleepinal, Siladryl Allergy, Dytuss, Dormin, Diphenist, Dicopanol, Allermax, Complete Allergy Relief, Triaminic Thin Strips, Silphen Cough
Doxylamine	Unisome
Emadastine	Emadine
Epinastine	Elestat
Fexofenadine	Allegra products, Aller-Ease
Hydroxyzine	Atarax, Vistaril, Hyzine
Ketorolac	Acular
Ketotifen	Zaditor, Alaway
Levocetirizine	Xyzal
Lodoxamine	Alomide
Loratadine	Allerclear, Alavert, Claritin, Claritin-D, Wal-itin, Tavist ND, Ohm Allergy Relief
Naphazoline	AK-Con, Vasocon, Albalon
Naphazoline/Pheniramine	Naphcon A, Opcon-A, Visine-A
Olopatadine	Pazeo, Patanol, Pataday
Promethazine	Phenergan, Promethegan, Phenadoz, Antinaus 50,
Terfenadine	Seldane
Triprolidine	Vanahist, Vanaclear, M-Hist PD, Histex PD drops, Histex

Preparingforyourallergyvisit.wpdata/stdform

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