

## PREPARING FOR YOUR ALLERGY VISIT.

In order for your allergist to perform allergy skin testing, certain medications need to be withheld before your visit. The following are medications that should be stopped before your first visit if at all possible. You should NOT stop nasal steroid 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 one of the medications listed below, please DO NOT cancel 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.

Because so many medications are available in so many formulations, the list below is of GENERIC drug names. Some (but not all) brands are listed next to the generic name only cite some examples.

Antihistamines (try to hold for at least 5 days)	Some examples	Antihistamines (try to hold for at least 7 days)	Some examples
Acrivistine	Semprex	Cetirizine	Zyrtec
Brompheniramine	Dimetapp, Bromfed	Desloratadine	Clarinet
Carbinoxamine	Rondec	Fexofenadine	Allegra
Chlorpheniramine	Chlortrimeton, Triaminic	Levocetirizine	Xyzal
Clemastine	Tavist	Loratadine	Claritin, Alavert
Cyproheptadine	Periactin		
Dexchlorpheniramine	Polaramine		
Dimenhydrinate	Dramamine		
Diphenhydramine	Benadryl		
Doxylamine	Unisom		
Hydroxyzine	Atarax, Vistaril		
Meclizine	Antivert		
Phentoloxamine	Polyhistine		
Promethazine	Phenergan		
Tripelenamine	PBZ		
Tripolidine	Actifed		
Methscopolamine	Extendryl, AlleRx		
Azatadine	Trinalin		

Allergy eye drops (try to hold for at least 3 days)	Some examples	Antihistamine nasal sprays (try to hold for at least 3 days)	Some examples	Medicines for acid reflux (try to hold for at least 1 day)	Some examples
Azelastine	Optivar	Azelastine	Astepro, Astelin	Cimetidine	Tagamet
Bepotastine	Bepreve	Olopatadine	Patanase	Famotidine	Pepcid
Emedastine	Elestat			Mizatidine	Axis
Ketotifen	Zaditor, Alaway			Ranitidine	Zantac
Levocabastine	Livostin				
Lodoxamide	Alomide				
Olopatadine	Pataday, Patanol				
Pheniramine	Naphcon				

Antidepressants (try to hold for at least 14 days)
Please talk to your prescribing doctor before stopping any of these medications
Amitriptyline Desipramine Clomipramine Doxepin Imipramine Nortriptyline Amoxapine Maprotiline Protryptiline Trimipramine