



## **MEDICATIONS TO HOLD FOR TESTING**

### **Prescription Antihistamines (HOLD FOR FIVE DAYS PRIOR TO TESTING)**

Atarax, Vistaril (Hydroxyzine)

Allegra (fexofenadine)

Clarinex

Periactin (Cyproheptadine)

Rondec

Pediatex

Pedi-Ox

Rynnatan

Q-DAL

Tussionate

Tussi-12

Tannihist

Xyzal

\*Doxepin/Adapin/Sinequan will need to be held longer than 5 days, but DO NOT STOP it until you have seen the allergist

### **Over-the-Counter Antihistamines (HOLD FOR FIVE DAYS PRIOR TO TESTING)**

Claritin, Alavert, Triaminic, Allerchews, Store Brand Non-Sedating Antihistamine (Loratidine)

#### **Zyrtec (ceterizine)**

Benadryl (Diphenhydramine)

Tavist (Clemastine)

Chlorpheniramine (Like Chlor-Trimeton, Actifed, Allerest)

NyQuil, Robitussin Night Cold, Tylenol Flu Night Time (Doxylamine)

Tylenol or Advil PM (contain diphenhydramine)

Dramamine (Dimenhydrinate)

Anything that contains Loratadine

Anything that contains Diphenhydramine

Anything that contains Brompheniramine

Anything that contains Chlorpheniramine

Anything that contains Carbinoxamine

Anything that contains Doxylamine

Anything that contains Clemastine

Anything that contains Tripolidine

Anything that contains Tripeleminamine

Any "Allergy" or "Cold" Preparation (like Tylenol Cold & Sinus or Advil Cold & Sinus)

**Anti-Nausea Medications (HOLD FOR FIVE DAYS PRIOR TO TESTING)**

Dramamine (Dimhydrinate)  
Doxylamine  
Antivert, Bonine (Meclizine)  
Phenergan (Promethazine)

**Over-the-Counter Sleep Aids (HOLD FOR FIVE DAYS PRIOR TO TESTING)**

Any "PM" Product (Like Tylenol PM or Excedrin PM or Alka Seltzer PM or Doan's PM)  
Simply Sleep Nighttime Sleep Aid  
Sominex  
Anything that contains Diphenhydramine

**Prescription Nasal Sprays (HOLD FOR 48 HOURS BEFORE TESTING)**

Astelin Nasal Spray

**Prescription Eye Drops (HOLD FOR 48 HOURS BEFORE TESTING)**

Patanol Eye Drops  
Zaditor Eye Drops  
Optivar Eye Drops  
Elestat Eye Drops

**All Over-the-Counter Eye Drops (HOLD FOR 48 HOURS BEFORE TESTING)**

Visine A Eye Drops  
Op-Con A  
Naph-Con A  
Alomide Eye Drops

**Medicines That You MAY CONTINUE & Should Not Interfere With Testing**

Saline Nose Spray  
Steroid Nose Sprays  
Afrin Nose Spray  
Singulair  
Asthma Inhalers  
Asthma Nebulizer Treatments  
Nasalcrom  
Crolom  
Zycam  
Mucinex (Guaifenesin)  
Cough or Sinus Preparations that only contain Dextromethorphan and/or Guaifenesin and/or Pseudoephedrine  
Plain Sudafed (Pseudoephedrine)  
"Non-Drowsy" Cold Preparations EXCEPT NO LORATIDINE

**If you have any questions concerning medications you may be taking,  
please contact our office at (205)871-9661.**

