

## List of Antihistamines

Some antihistamines are longer acting. These must be stopped for **7 days before** allergy testing :

- Cetirizine/Zyrtec
- Desloratadine/Clarinet
- Doxepin/Sinequan
- Fexofenadine/Allegra
- Loratadine/Claritin/Alavert/or generic
- Levocetirizine/Xyzal
- hydroxyzine/Atarax/Vistaril

Stop **two days before** the test:

- Actifed
- Advil Allergy/Sinus
- Chlorpheniramine/Chlortrimetron
- Cyproheptadine/Periactin
- Contac
- DayQuil
- Deconamine
- Dimetapp
- Diphenhydramine/Benadryl
- Drixoral
- Duravent DA
- Dura-tap
- Zantac/Ranitidine, famotidine, nizatidine
- doxylamine, pyrilamine, pheniramine (in allergy, cold and sinus preparations)
- phenergan, promethazine (in prescription cough syrups and anti-nausea)
- pericactin, cyproheptadine (appetite stimulant and other uses)
- meclizine, dimenhydrinate, Antivert, Bonine Dramamine (motion sickness)
- OTC cough, cold, allergy and sinus medications with antihistamines

Stop **one day before** the test if ok with PCP

- Amitriptyline/Elavil
- Desipramine/Norpramin
- Nortriptyline/Pamelor
- Imipramine/Tofranil
- Trazodone/Desyrl
- mirtazapine (Remeron)

Nose spray and eye drop antihistamines to stop 7 days prior to your appointment.

- azelastine (Astelin, Astepro, Dymista, Optivar)
- olapatadine (Pataday, patanol, Patanase)
- bepotastine (Bepreve)
- Ketotifen (Zaditor, Alaway)
- pheniramine (visine A, Naphcon A)
- epinastine/Elestat