



**Stop 7 days prior to test**

***Anti-anxiety meds***

Atarax  
Clonazepam  
Hydroxyzine  
Klonopin  
Vistaril

***Herbal Supplements***

Astragalus  
Feverfew  
Green Tea  
Licorice  
Milk thistle  
Saw Palmetto  
St. John's Wort

***MAO Inhibitors***

Carbex  
Eldepryl  
Enerzer  
Isocarboxazid  
Marplan  
Marplon  
Nardil  
Parnate  
Phenelzine  
Selegiline  
Tranylcypromine

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***Tricyclic Antidepressants***

Adapin  
Amoxampine  
Amitriptyline  
Anaframil  
Asendin  
Aventyl HCL  
Clomipramine  
Desipramine  
Doxepin  
Elavil  
Endep  
Etrafon  
Imipramine  
Limbitrol  
Norpramin  
Nortriptyline  
Pamelor  
Protriptyline  
Sinequan  
Surmontil  
Tofranil  
Trimipramine  
Vivactil  
Zonalon

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***Antihistamines***

Actifed Sinus  
Allegra  
Allegra-D  
Aler-Dry  
AllerClear  
Aller-Chlor  
Allerhist 1  
Astelin  
Astemizole  
Astepro  
Atarax  
Azatadine  
Azelastine  
Banophen  
Benadryl  
Bepotastine  
Bepreve Eye Drops  
Brompheniramine  
Carbinoxamine  
Cetirizine  
ChlorMal  
Chlorphen  
Chlorpheniramine  
Chlorpromazine  
Chlo-Amine  
Chlor-Phenit  
Chlor-trimeton Cistin  
Clarinex  
Claritin  
Claritin D Clemastine  
Contact 12 Hour CPM  
Cyproheptadine  
Desloratidine  
Dexchlorpheniramine Dimetane  
Diphenhydramine  
Diphedryl  
Dymista  
Ebastel  
Ebastine



*Antihistamines (cont)*

Effolac-24  
 Elestat Eye Drops  
 Epanastine  
 Evastin  
 Fexofenadine  
 Genahist  
 Hismanal  
 Hydramine  
 Hydroxyzine  
 Ketotifen  
 Largactil  
 Levocabastine  
 Levocetirizine  
 Livostin  
 Loratadine  
 Meclastin  
 Metdilazine  
 Mequitazine  
 Mizolastine  
 Nisaval  
 Nolahist  
 Nu-Med  
 Nyquil  
 Olopatadine  
 Optimine  
 Optivar  
 Patanase  
 Phenergan  
 Polaramine  
 Promethazine  
 Prorex 25 & 50  
 Pyrilamine  
 Quintadrill  
 Rezine  
 Ridraman  
 Tacaryl  
 Tavist Periactin  
 Temaril  
 Terfenadine  
 Thorazine

Trimeparazine  
 Tripelennamine  
 Triprolidine  
 Vistanil  
 Vistaril  
 Xyzal  
 Zatiden  
 Zatidor  
 Zyrtec

***Sleep Aids Containing  
 Diphenhydramine***

Advil PM  
 Aleve PM  
 Calm-Aid Caplet  
 Compoz  
 Excedrin PM  
 Midol PM  
 Nytol  
 Sominex  
 Twilite  
 Tylenol PM  
 Unisom

**Stop 3 days prior to test**

***H-2 Blockers***

Pepcid  
 Zantac  
 Tagamet

***Leukotriene Inhibitors***

Singulair\*  
 Accolate  
 Zylflo

***Anti-nausea***

Meclizine  
 Bonine  
 Dramamine  
 Compazine  
 Phenergan

***Anti-epileptic***

Lamictal\*  
 Lamotrigine\*

**NOTES:**

Pseudoephedrine (brand name Sudafed) and phenylephrine (Sudafed PE) are NOT antihistamines and are OK to use if needed. Some patients find it makes them more comfortable prior to testing.

*\*Let the clinic know if you're taking this med. It may not be possible to see the control skin response, in which case it's not possible to proceed with testing.*

*\*Inhaled corticosteroids are ok*

**NASAL SPRAYS**

Corticosteroid nasal sprays such as Flonase (fluticasone), Nasonex (mometasone furoate), Nasacort (triamcinolone), etc. are fine to continue using prior to testing.

**Antihistamine nasal sprays (Astellin, azelastine, Patanase, Astepro, Dymista) are not allowed.**