

Medication Protocol

Long Acting Antihistamines:

Examples: Allegra - 1 week (5-7 days)
Zyrtec - 1 week (5-7 days)
Claritin - 1 week (5-7 days)

Shorter Acting/over the counter antihistamines:

Withhold 1 week (5-7 days) prior to your appointment-

Examples:

Dimetapp	Trinalin	Benadryl	Tavist (D)	Optimine
Actifed	Alavert	Nyquil	Rynatan	Rondec (TR)
Periactin	Phenergan	Seldane	Allerest	Coricidin (D)
Drixoral	Pediacare	Panmist Jr	Tylenol Plus	BC Cold Powder
Sinarest	Sudafed plus	Triaminic	Alka Seltzer Plus	Vicks
Comtrex	Sinutab	Thera Flu	Cyproheptadine	Generic Benadryl

Withhold 5-7 days prior to your appointment: Examples

Atrohist	Histussin	Alavert	Loratadine (Generic for Claritin)
D-Allergy	Bromfed	Bromhist	Chlor Trimenton
Doxcipen	Xyzal	Respa AR	Lodrane
Fexofenadine	A-Tuss	Vistaril	Cetirizine HCL(Generic for Zyrtec)
diphenhydramine	Astelin(stop 5-7 days)	Aleve PM	Tylenol PM Advil PM *anything w/ PM*

Withhold 5-7 days prior to your appointment

Any over-the-counter sleep medication: Examples

Nytol	Sominex	Sleepinal	Compoz
Unisom	Nighttime Sleep Aid		

Anti-Itch Medications:

Withhold 4 days

Example: Atarax (Hydroxyzine)

Anti-Disorder Medications:

Withhold 4 days prior to appointment

Example: Ativan

Antidepressants with antihistamine effects: Withhold 3-4 days

Withhold 3-4 days. Please contact your prescribing doctor and ask if OK to withhold or if you need a substitute.

Examples:	Ativan	Eliquis	Tricyclic	Wellbutrin	Effexor
	Sinnequan (Doxepin)		Elavil (Amitriptyline)	Pamelor (Nortriptyline)	

**** These medications are ok to continue ****

All Asthma medication is ok (Advair, Albuterol, etc.)

Sudafed or Plain Tylenol Sinus (Tylenol & Sudafed)

All creams/ointments

Antibiotics (Penicillin, Amoxicillin, Keflex)

Decongestants - Guaifed, Duratuss, Intex

Nasal Sprays are ok except: **Astelin** (stop 5-7 days)

All Inhalers - Ventolin, Pulmicort, Advair, Ventolin

Albuterol

Humibid

Flonase

Singularair (Montelukast- generic)

Decadron will not affect testing

Prednisone (steroid)

Wellbutrin

Mucinex-D

Respa 1st/ Respa PE/ Respa DM

Robitussin AC

Ritalin

Zantac