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 Pedia care 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: Anti-Disorder Medications:
Withhold 4 days Without 4 days prior to appointment
Example: Atarax (Hydroxyzine) 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) Pamelanor (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 - Guiafed, Duratuss, Intex
Nasal Sprays are ok except: Astelin (stop 5-7 days)
All Inhalers - Ventolin, Pulmicort, Advair, Ventolin
Albuterol
Humibid
Flonase

Singular (Montelukast- generic)
Decadron will not affect testing
Prednisone (steroid)
Wellbutrin
Mucinex-D
Respa 1st/ Respa PE/ Respa DM
Robitussin AC
Ritalin
Zantac