



## Antihistamine Medications To Avoid: A Partial List

**Antihistamine medications can affect allergy skin testing. Please check the labels of all medications you are using (including nasal sprays and eye drops) to determine whether your medications contain any ingredient listed below. For questions, contact your pharmacist or our office.**

- **Stop these oral antihistamines 7 days before your appointment:**

- Claritin®, Claritin D®, Alavert® (loratadine), Clarinex®, Clarinex D® (desloratadine)
- Allegra®, Allegra D® (fexofenadine)
- Zyrtec®, Zyrtec D® (cetirizine), Xyzal® (levocetirizine)
- Actifed®, Dimetapp® (brompheniramine)
- Atarax®, Vistaril® (hydroxyzine)
- Benadryl® (diphenhydramine), Poly-Hist DM, Poly-Hist Forte, Poly-Hist PD, Lortuss DM
- Chlortrimeton®, AHist®, LoDrane 24®, LoDrane 24D®, (chlorpheniramine), Ala-Hist IR & PE
- Phenergan® (promethazine)
- Tavist®, Antihist® (clemastine)
- Periactin® (cyproheptadine)
- Actifed®, Aller-Chlor®, Bromfed®, Drixoral®, Dura-tab®, Novafed-A®, Ornade®, Poly-Histine- D®, Trinalin®, Extendryl Jr.®, Vasobid®, Vasotan®, Tussionex Cough Syrup® (Combination medicines)
- Over-the-counter cold remedies (Nyquil®, doxylamine, pyrilamine, pheniramine)
- Motion sickness and dizziness medications (Antivert®, Bonine®, Dramamine®, meclizine, dimenhydrinate)
- Heartburn medications (Zantac®, ranitidine, Tagamet®, cimetidine, Pepcid®, famotidine)

- **The following antihistamine nasal sprays should be avoided for 7 days prior to testing:**

- Astelin®, Astepro®, Patanase®

- **The following antihistamine eye drops should be avoided for 7 days prior to testing:**

- Patanol®, Pataday®, Zaditor®, Optivar®, Elestat®, Alaway®, Visine Allergy Eye Drops®