



Allergy & Asthma Center

of Southern Oregon, PC

Kevin W. Parks, MD Ryan B. Israelsen, MD Edward M. Kerwin, MD

Tiffany R. Smith, PA-C Joann L. Reed, MSN, NP-C Sarah L. Crawford, FNP Dakota S. Donahoe, PA-C

Phone (541) 858-1003 Fax (541) 857-4499

Typical Antihistamine Medicines:

Please hold these 5 Days Before New Patient Visit

(to allow skin testing).

*You **do not** need to hold any asthma medicines.*

You also can continue nasal sprays (Flonase or others)

List of medications that should be withheld for 5 full days prior to skin testing:

1. **Daytime antihistamines** (some typical names are below):
 - Loratadine (Claritin, Alavert, Allerclear) ● Desloratadine (Clarinex)
 - Fexofenadine (Allegra) ● Cetirizine (Zyrtec, Allertec) ● Levocetirizine (Xyzal)

2. **Sleep Time antihistamines and tricyclic antidepressants** (hold for 5 nights):
 - Hydroxyzine (Atarax, Vistaril) ● Doxepin (Sinequan)
 - Cyproheptadine (Periactin) ● Amitriptyline (Elavil)
 - Diphenhydramine (Benadryl) ● Natriptyline (Pamelor, Aventyl)
 - Chlorpheniramine (Chlor-Trimeton)

3. **Nighttime cold medicines** (hold for 5 nights):

Many OTC cough and cold syrups and pills usually contain an antihistamine, chlorpheniramine, or diphenhydramine. Withhold these, especially if they say “nighttime” or “PM” or “may cause drowsiness”. ● Actifed ● Dimetapp

 - Drixoral ● Triaminic ● Tylenol PM ● Nyquil ● Sominex ● Advil Cold & Sinus

4. **Anti-nausea medicines** (these include antihistamines) (hold for 5 days):
 - Prochlorperazine (Compazine) ● Promethazine (Phenergan)
 - Dimenhydrinate (Dramamine) ● Scopolamine transdermal patches
 - Meclizine (Antivert)

5. **Eye drop or topical antihistamines. If possible, also hold for 5 days before visit eye drops and nose sprays below:**
 - Eye drops: Patanol, Pataday, Elestat, Optivar, Zaditor and Livostin

Please call if you have questions. Thanks for your attention to these brief washouts.