

Allergy, Asthma & Pulmonary Associates, PA

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Medication Review Sheet for Skin Testing

1. If you are taking asthma INHALERS or Singulair tablets, **it is important you continue taking them.**
2. Antihistamines are medications used mostly for treatment of allergy symptoms, itching, sleeping disorders and other rare medical conditions. **ALL ANTIHISTAMINES** must be stopped 3-7 days prior to your appointment. Here are some examples of commonly used antihistamines:

7 DAY STOP ANTIHISTAMINES

Alavert	Claritin-D	Ketotifen
Allegra	Clarinx	Loratadine
Allegra-D	Doxepin	Optivar
Atarax	Elestat	Xyzal
Cetirizine HCL	Fexofenadine	Zaditor
Claritin	Hydroxyzine	Zyrtec

3 DAY STOP ANTIHISTAMINES

Allerdryl	Actifed	Allerest
Benadryl	Chlor-Trimeton	Comtrex
Coricidin	Deconade	Deconamine
Dimetapp Extentabs	Dristan	Drixoral
Fedahist	Isoclor	Naldecon
Novafed	Novahistamine	Nyquil
Optamine	Orahist	PBZ
PediaCare	Phenergan	Rohist
Sudafed-Plus	Tavist	Triaminic Tabs
Tylenol PM	Rondec	

3. If you are taking any homeopathic treatment or Essential Oils for the treatment of allergies, you must stop them 7 days before your appointment.
4. All over-the-counter antacids should not be taken on the day of your appointment. Examples include: Tagamet, Cimetidine, Zantac and Ranitidine.
5. If you are taking any medications for anxiety, depression, or trouble sleeping (insomnia), **please contact our office prior to stopping them.** Examples include: Amitriptyline, Elavil, Nortriptyline or Imipramine.
6. If you are having problems with your breathing such as: wheezing, coughing or shortness of breath, skin testing may be held until the physician is able to control the breathing problems.