



**Family Allergy &
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PLEASE AVOID TAKING ANY ANTIHISTAMINES PRIOR TO YOUR VISIT

The following is a partial list of the most common prescription and over-the-counter anti-histamines, and days required for prior discontinuation:

FIVE DAYS

ALLEGRA/ALLEGRA-D (*generic brand name: fexofenadine*)
ASTELIN NASAL SPRAY
ATARAX (*generic brand name: hydroxyzine*)
ZYRTEC/ZYRTEC-D (*generic brand name: cetirizine*)
PATANASE NASAL SPRAY
PERIACTIN
ZYZAL

TWO DAYS

Actifed	Extendryl
Alka-Seltzer	Histussin HC
Atrohist	Loratadine
Benadryl (<i>generic: diphenhydramine</i>)	Nyquil
Bromfed (<i>generic: bromfenex</i>)	PediaCare
Chlorafed	Phenergan
Chlor-Trimeton	Rescon
Claritin/Claritin-D/Clarinet/Claritin	Rondec
RediTabs	Rynatan
(<i>generic: loratadine</i>)	Sudafed Plus
(<i>over-the-counter: Alavert</i>)	Tavist
Contac	Triaminic
Co-Tylenol	Tussionex
Dimetapp	Tylenol PM
Drixoral	

If you anticipate feeling too uncomfortable being off of anti-histamines for this period of time, or have a rash that will interfere with testing, please contact your primary care physician for a prescription of a 5-7 day course of oral steroids which can be taken in place of anti-histamines during this period.

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