

Special Antihistamine Medication Instructions

Many antihistamine medications interfere with skin testing. Below is a list of antihistamines to avoid prior to testing. (Never stop any medications without first checking with the prescribing physician.)

(Please ask your prescribing doctor for clarification of Antihistamines)

Five (5) days prior to your skin testing appointment:



Stop antihistamines such as: **Alavert**, **Allegra** (*fexofenadine*), **Clarinox**, **Claritin** (*loratadine*), **Dallergy**, **Xyzal** (*levocetirizine*), and **Zyrtec** (*cetirizine*). **Astelin** (*azelastine*), **Astepro** and **Patanase** nasal sprays will also need to be stopped.

If you are taking **Doxepin**, this also should be discontinued five days prior to skin testing.



Antihistamines such as: **Actifed**, **Aerohist**, **AlleRx**, **Arbinoxa** (*carbinoxamine*), **Atarax**, **Chlor-Trimeton** (*chlorpheniramine*), **Dimetapp** (*brompheniramine*), *hydroxyzine*, **Palgic** (*carbinoxamine maleate*), **Phenergan** (*promethazine*), **QDall**, **Tavist** (*clemastine*), **Tussionex**, and **Vistaril**.

If your symptoms are unbearable, you may use **Benadryl** (*diphenhydramine*) up to (3) days prior to visit.



Discontinue any antihistamine-containing eye drops such as **Alaway** (*ketotifen fumarate*), **Bepreve** (*bepotastine besilate*), **Claritin Eye** (*ketotifen*), **Elestat** (*epinastine HCl*), **Emadine** (*emedastine difumurate*), **Lastacaft** (*alcaftadine*), **Naphcon-A** (*naphazoline HCl*), **Optivar** (*azelastine HCl*), **Pataday** (*olopatadine HCl*), **Patanol** (*olopatadine HCl*), **Visine-A** (*naphazoline HCl*), **Zaditor** (*ketotifen fumarate*), and **Zyrtec Itchy Eye** (*ketotifen fumarate*),

There are multiple prescription and non-prescription combination medications that contain an antihistamine, please check the ingredients. You can also check with your pharmacist or our office for assistance.

- You may continue all **non-antihistamine** eye drops.
- Asthma medications should be continued, as they do not interfere with testing.
- Please bring all medications (including over-the-counter and vitamins) with you.
- For your convenience and to avoid delays, we encourage you to complete your new patient paper work in advance. Please visit our website at carolinaasthma.com where you can retrieve the new patient documents to be completed, as well as the directions to our offices.
- Please arrive at your scheduled time. Remember also to bring your insurance card and be prepared to pay your co-pay at check-in.
- Please allow up to three (3) hours for your initial appointment.

We look forward to seeing you. Should you find that you are unable to keep this appointment, please contact our scheduling department at **704-372-7900** or E-mail our office at appointments@carolinaasthma.com at least 24 hours in advance, to avoid the \$25 missed appointment fee.

Thank you.

The Carolina Asthma and Allergy Center Team