

Medications to STOP prior to your appointment

Inhalers and Nebulized Medications:

Do NOT USE 12 hours before your new patient appointment.

Please stop ALL oral antihistamines for 7 days before your appointment.

The drugs listed below are *examples*, but this is not a complete list:

Zyrtec (cetirizine)	Claritin (loratadine)
Alavert (loratadine)	Allegra (fexofenadine)
Clarinex (desloratadine)	Xyzal (levocetirizine)
Actifed, Dimetapp (brompheniramine)	Atarax, Vistaril (hydroxyzine)
Benadryl (diphenhydramine)	Chlortrimeton (chlorpheniramine)
Phenergan (promethazine)	Tavist®, Antihist (clemastine)
Actifed, Aller-Chlor, Bromfed, Drixoral, Dura-tab, Novafed-A, Ornade, Poly-Histine-D, Trinalin (Combination medicines)	
Over-the-counter cold or allergy remedies	
Over-the-counter and prescription cough syrups	

Please stop ALL nasal antihistamines for 3 days before your appointment.

The drugs listed below are *examples*, but this is not a complete list:

Astelín (azelastine)	Patanase
Dymista	Astepro

Please stop ALL ocular antihistamines for 3 days before your appointment.

The drugs listed below are *examples*, but this is not a complete list:

Patanol	Pataday
Optivar	Azelastine
Bepreve	Zaditor

Please do not take any H2 blockers (acid-reducing medications) that are listed below the **morning of your appointment:**

Tagamet (cimetadine)	Zantac (ranitidine)
Pepcid (famotidine)	Axid (nizatidine)

Medications to CONTINUE to take prior to your appointment:

- Singulair (montelukast sodium)
- Oral and intranasal decongestants including pseudoephedrine and phenylephrine.
- Guaifenesin
- Antibiotics
- Steroids (oral and intranasal), including Solumedrol and Prednisone.
- Melatonin
- Nasal steroids (Nasonex, Veramyst, Flonase, etc.)

PLEASE CONTACT OUR OFFICE PRIOR TO YOUR APPOINTMENT WITH QUESTIONS ABOUT MEDICATIONS YOU MAY BE TAKING.