

To ensure accurate testing results, we would like you avoid certain medications that can interfere with testing results. Listed below are examples of medications that contain an antihistamine, or act similarly, and need to be **AVOIDED FOR 3 DAYS PRIOR TO TESTING:**

- **Allegra (Fexofenadine)**
- **Benadryl (Diphenhydramine, Tylenol PM)**
- **Clarinex (Desloratadine)**
- **Claritin (Alavert, Loratadine)**
- **Xyzal (Levocetirizine)**
- **Zyrtec (Cetirizine)**
- **Atarax (Hydroxyzine, Vistaril)**
- **Cyproheptadine (Periactin)**
- **Chlorpheniramine (Chlor-Tabs, Aller-Chlor, Chlor-Trimeton, Advil Allergy, Dimetapp, Alka Seltzer Plus)**
- **Brompheniramine (Dimetapp)**
- **Meclizine (Antivert, Dramamine, Bonine)**
- **Dimenhydranate (Dramamine)**
- **Doxylamine (Alka Seltzer Plus, Unisom)**
- **Azatadine (Optimine)**
- **Tagamet (Cimetidine)**
- **Tavist (Clemastine)**
- **Pepcid (Famotidine)**
- **Zantac (Ranitidine)**
- **Doxepin (Sinequan, Adapin)**

***** Be cautious with sleep aids as they may contain antihistamines*****

If you have acute symptoms and need to take any of the medications listed above, please take them. DO NOT put yourself at risk.

Because this is a special procedure involving additional personnel and/or time, please notify us 24 hours in advance if you have taken an antihistamine or if you are unable to keep your appointment.