

## MEDICATIONS TO BE DISCONTINUED PRIOR TO NEW PATIENT APPOINTMENT

**Please DO NOT stop any medications that you do not feel safe stopping.  
DO NOT go off anti-histamines if your hives will flare.**

**Reason for Visit (environmental/food allergies or eczema/rash)** – blood tests may be done in place of skin testing if necessary:

<b>Leukotriene Receptor Antagonist:</b> Singulair (montelukast)	<b>Continue</b>
<b>Short-acting Antihistamines:</b> Benadryl (diphenhydramine), Tylenol PM, Actifed, Dimetapp/Triaminic, Tavist (Clemastine)	Stop 3 - 5 days before appointment
<b>Long-acting Antihistamines:</b> Allegra (fexofenadine), Claritin (loratidine), Zyrtec (cetirizine), Xyzal, Hydroxyzine, Chlor-Trimeton (chlorpheniramine), Cyproheptadine	Stop 5 – 7 days before appointment
<b>Nasal Antihistamines:</b> Astepro (azelastine), Patanase (olopatadine), Drixoral (oxymetazoline), Dymista	Stop 72 hours before appointment
<b>H2 Blockers:</b> Pepcid (famotidine), Tagamet (cimetidine)	Stop 2 – 3 days prior to appointment
<b>Oral Steroids:</b> Prednisone, Prednisolone, Medrol	Continue (include dose on medication list)
<b>Non-steroidal Anti-inflammatory:</b> Advil (ibuprofen), Tylenol (acetaminophen), Aleve (naproxen), Aspirin	Minimize your dose the week before appointment
<b>Antidepressants w/ antihistamines properties:</b> Doxepin, Amitriptyline, Nortriptyline	<b>Stop ONLY if safe to do so</b> (5 days before appointment)
<b>Herbal Medications:</b> Licorice, Green tea, Saw Palmetto, St. John's wart, Feverfew, Stinging Nettle, Butterbur, Spirulina	Stop 7 days before appointment

**Minimize sun exposure to arms or back for 3 weeks before appointment – if possible**

**Reason for Visit (Asthma/Cough)** or if you are on an inhaler - a breathing test may be done at your appointment:

<b>Inhaled steroids (CONTROLLER):</b> Aerospa, Alvesco HFA, ArmonAir, Arnuity Ellipta, Asmanex HFA/Twisthaler, Flovent Diskus/HFA, Pulmicort Flexhaler, Qvar Redihaler	<b>Continue</b>
<b>Combination medications (CONTROLLER):</b> Advair Diskus/HFA, AirDuo RespiClick, Breo Ellipta, Dulera, Symbicort, Wixela, Anoro Ellipta, Bevespi Aerosphere, Stiolto Respimat, Utibron Neohaler, Trelegy Ellipta	Stop 12-24 hours before appointment (only stop if safe to do so and make a note of the time of last dose)
<b>Short-acting beta agonist bronchodilators (RESCUE):</b> ProAir HFA/RespiClick, Proventil HFA, Ventolin HFA, Xopenex/Levalbuterol HFA, albuterol nebs/HFA	Stop 6 hours before appointment (use if needed for shortness of breath/wheeze)
<b>Long-acting beta agonist bronchodilators:</b> Arcapta Neohaler, Serevent Diskus, Striverdi Respimat	Stop 12 hours before appointment (only stop if safe to do so)
<b>Anticholinergic:</b> Atrovent HFA, Seebri Neohaler, Incruse Ellipta, Spiriva HandiHaler/Respimat, Tudorza Pressair, Combivent Respimat	Stop 12 hours before appointment (only stop if safe to do so)
<b>Mast cell stabilizers:</b> Cromolyn Sodium (Intal), Nedocromil Sodium (Tilade)	Stop 8 hours before appointment