

**PLEASE AVOID USING PERFUMES AND COLOGNES WHEN COMING FOR YOUR APPOINTMENT**

**MEDICATION INSTRUCTION SHEET  
PLEASE READ CAREFULLY**

INSTRUCTIONS FOR PATIENTS WITH AN APPOINTMENT WITH DR. CLOSE OR CAROL NETHERLAND

Since most patients seen in the allergy clinic require skin tests, and skin tests are inhibited by certain medications, the following recommendations are made and should be observed for at least 5 days before the appointment. If it is not possible to do this, please contact the clinic for instructions.

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**MEDICATIONS ALLOWED**

Medications for **chronic medical conditions** (such as diabetes and hypertension) should be continued.  
Also continue:

Asthma inhalers	Theophylline
Antibiotics	Anticonvulsive (seizure) drugs
Aspirin and Tylenol	Steroids (cortisone-like drugs)

Most nose sprays are allowed except for ones with antihistamines such as Astelin, Astepro, Patanase, and Azelastine. These should be held 5 days prior to visit.

**DO NOT TAKE THE MEDICATIONS LISTED BELOW (ANTIHISTAMINES) 5 DAYS PRIOR TO THE VISIT OR AS NOTED:**

Actidil	Codimal	Omade	Tagamet (cimetidine)
Actifed	Comhist	Optimine	Tanafed DMX
Advil PM	Contact	Palgic	Tavist
Alavert	Coricidin	Palgic D	Tavist D
Allegra	Deconamine	Pannaz	Teldrin
AlleRx	Dimetapp	Patanase (nasal spray)	Tussi 12 DS
Amitriptyline	Doxepin	Pediicare	Tussicaps
Astelin (nasal spray)	Dramamine	Pepcid (famotidine)	Tussionex
Astepro (nasal spray)	Distran	Periactin	Tylenol PM
Atarax	Dixoral	Phenergan	Vistaril
Atrohist	Dymista	Polaramine	Zantac (ranitidine)
Azelastine	Extendryl	Polyhistine	Zyrtec
Benadryl	Fexofenadine	Promethazine w/ codeine	Zyrtec D 12
Bromfed	Hydroxyzine	Rondec	Xyzal
Cetirizine	Isoclor	Ru-Tuss	OTC antihistamines
Chlortrimeton (CTM)	Loratadine	Rynatan	OTC sleep medications
Claritin (or generic)	Naldecon	Semprex D	OTC "cough and cold"
Claritin D (or generic)	Nalex	Sinequan	
Clarinx (7 days)	Novahistine	Sudafed Plus	

NOTE: THIS IS NOT A COMPLETE LISTING. THERE ARE MANY GENERIC FORMS OF ANTIHISTAMINES. Please contact our office if you have any questions.