

## MEDICAL INSTRUCTION SHEET FOR LOUISIANA ALLERGY & ASTHMA SPECIALISTS

### PLEASE READ CAREFULLY

#### PLEASE AVOID USING PERFUMES AND COLOGNES DURING YOUR APPOINTMENT

Since most new patients require skin tests, and skin tests are inhibited by certain medications, the following recommendations are needed and should be observed for at least 5 days before the appointment. If this is not possible, please contact our office at 318-445-6221.

#### MEDICATIONS ALLOWED

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

Also Continue:

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

Most nose sprays are allowed except for sprays with antihistamines such as Astelin, Astepro, Patanase, Ryaltris, olopatadite, and azelastine. Do not take these medications for 5 days before appointment.

#### DO NOT TAKE THE MEDICATIONS LISTED BELOW (ANTIHISTAMINES) 5 DAYS PRIOR TO DOCTOR'S APPOINTMENT FOR SKIN TESTING:

Actidil	Contact	Omade	Tavist & Tavist D
Actifed	Coricidin	Optimine	Teldrin
Advil PM	Deconamine	Palgic	Tussi 12 DS
Alavert	Dimetapp	Palgic D	Tussicaps
Allegra	Doxepin	Pannaz	Tussionex
AlleRx	Dramamine	Patanase (nasal spray)	Tylenol PM
Amitriptyline	Distran	Pediacare	Vistaril
Antivert	Dixoral	Pepcid (famotidine)	Zantac (ranitidine)
Astelin (nasal spray)	Dymista	Periactin	Zyrtec
Astepro (nasal spray)	Extendryl	Phenergan	Zyrtec D 12
Atarax	Famotidine	Polaramine	Xyzal
Atrohist	Fexofendine	Polyhistine	ZZZquil
Azelastine/Fluticasone	Hydroxyzine	Promethazine w/codeine	
Azelastine	Isoclor	Rondec	OTC antihistamines
Benadryl	Loratadine	Ru-Tuss	
Bromfed		Ryaltris	OTC sleep meds
Cetirizine	Meclizine	Rynatan	OTC "cough & cold"
Chlortrimeton (CTM)	Naldecon	Semprex D	
Claritin (or generic)	Nalex	Sinequan	Allergy Eye Drops
Claritin D (or generic)	Norel AD	Sudafed Plus	Topical Allergy Meds
Codimal	Novahistine	Tagamet (cimetidine)	
Comhist	Nyquil	Tanafed DMX	

#### DO NOT TAKE THESE MEDICATIONS FOR 7 DAYS BEFORE OFFICE VISIT/SKIN TESTING

Clarinex	desloratadine	levocetirizine	Xyzal
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NOTE: This is NOT a complete list as there can be hundreds of variations/generic/combinations of these medicines. Please contact our office at 318-445-6221 if you have a medicine question.