



**SCOTCH INSTITUTE**  
ENT | Hearing | Allergy | Sleep

**BRETT M. SCOTCH, D.O., FA.O.C.O.**  
Board Certified Otolaryngology  
Head & Neck Surgery  
Facial Plastic Surgery  
Sleep Medicine

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**Breathe, Sleep, Live and Hear.... Better**

**MEDICATIONS CONTRAINDICATED WITH ALLERGY SKIN TESTING**

**\*\*You MUST stop taking these medicines (7) seven days before the allergy test\*\***

**Anti-Histamines**

Allegra/Allegra-D	(fexofenadine)	Nyquil	
Antivert	(meclizine)	Phenergan	(promethazine)
Astelin	(azelastine)	Periactin or Peritol	(cyproheptadine)
Atarax	(hydroxyzine) – STOP 14 DAYS PRIOR	Promethazine	
AllerX		Rondec	
Benadryl	(diphenhydramine)	Singulair (montelukast)	<b>48 hours prior to test</b>
Clarinet	(desloratadine)	Tylenol PM / Advil PM	(diphenhydramine)
Claritin/ Claritin-D	(loratidine)	Xyzal	(levocetirizine)
Dimetapp		Zyrtec/ Zyrtec D/ Xyzal	(cetirizine)
Dramamine		Most Sleep Aides (including Unisom, any generic sleep aides, etc)	

**Antihistamine Eye Drops: Including but not limited to:**

Pataday, Pazeo	(olopatadine hcl)
Patanol	(olopatadine hcl)
Pazeo	(olopatadine hcl)
Optivar	(azelastine)
Zaditor	(ketotifen)
Bepreve	(Bepotastine Besilate)

**Nasal Antihistamines:**

Astepro	(azelastine)
Astelin	(azelastine)
Patanase	(olopatadine)
Dymista	(astelin & Flonase)

**H-2 Blockers**

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

**HERBALS**

Green Tea	Feverfew
Saw Palmetto	Astragalus
St. Johns' Wort	Licorice

**\*\* If you have any questions about medications you are taking, please contact our office at 813-994-8900 x308**

**Antidepressants/Anti-Anxiety**

Please let the Allergy nurse and Physician know if you are taking any of the following classes of medications (do not stop these medications without the guidance of your prescribing physician) - including but not limited to: tricyclic antidepressants such as Amitriptyline (Elavil), Doxipen/Sinequan, Nortriptyline/Pamelor. Also, please notify us if you are taking any other antidepressants such as: Prozac, Zoloft, Wellbutrin, Lexapro, Celexa, Valium, Seroquel, Mirtazapine(Remeron).

**Monoamine Oxidase Inhibitors (MAOIs)** Nardil, Parnate

**\*\*Nasal steroids (Flonase, Nasonex, Nasocort, Rhinocort) do not need to be discontinued**