



## MEDICATIONS TO AVOID MINIMUM 7 DAYS PRIOR TO APPOINTMENT

### Antihistamines

Actifed  
Aerokids  
AH-Chew  
Alavert  
Aldex  
Allegra  
Allegra D  
Atarax  
Atrohist  
Benadryl  
Bromphed  
Bromphed PD  
Brompheniramine  
Brovex  
Cetirizine  
Chlorpheniramine  
Chlortrimeton  
Clarinet  
Clarinet D  
Claritin  
Claritin D  
Clemastine  
Cyrproheptadine  
Deconamine  
Dexodryl  
Dimetane  
Dimetapp  
Diphenhydramine  
Doxylamine  
Drixoral  
Duradryl  
Duratan  
Extendryl  
Fexofenadine  
Histex  
Histussin  
Hydroxyzine  
Kronofed-A  
Kronofed-A Jr  
Loratadine  
Naldecon  
Nalex

Novahistine  
Nyquil  
Omnihist  
Pediox  
Periactin  
Pheniramine  
Pyrilamine  
Pyrlex  
Pyrlex CB  
Rescon  
Rondec  
Ru-Tuss  
Rynatan  
Semprex  
Sudal  
Tavist  
Triaminic  
Tussi-12  
Tussionex  
Tylenol Allergy  
Tylenol Cold

Tylenol Children's Cough and Runny Nose/Cold/Plus Flu

Vistaril  
Xyzal  
Zyrtec  
Zyrtec D

### Nasal Sprays

Astelin  
Astepro  
Patanase

### Anti-Nausea Meds

Compazine  
Phenergan  
Tigan

### Anti-Depressants

(only at the advice of the prescribing physician)

Amitriptyline  
Clomipramine  
Desipramine  
Doxepin  
Elavil  
Imipramine  
Norpramin  
Pamelor  
Sinequan  
Tofranil

### Reflux Meds

Axid  
Cimetadine  
Famotadine  
Nizatadine  
Pepcid  
Ranitidine  
Tagamet  
Zantac

### Eyedrops

Alocril  
Elestat  
Livostin  
Naphcon-A (Naphcon is ok)  
Opcon-A  
Optichrome  
Optivar  
Pataday  
Patanol  
Zaditor

### Sleep Aids

Tylenol PM  
Theraflu Nighttime  
Unisom

## MEDICATIONS OK TO USE

### NASAL SPRAYS

Afrin (Oxymetazoline)  
Atrovent  
Beconase  
Flonase  
Fluticasone  
Nasocort AQ  
Nasonex  
Phenylephrine  
Rhinocort  
Veramyst

### Derm Meds

Atopiclair  
Elidel

Mimyx

Protopic

Steroid Creams

### Respiratory Meds

Accolate

Advair

Albuterol

Atrovent

Flovent

Pulmicort

Singular

Theophylline

Ventolin

Xopenex

### Decongestants/Expectorants

Carbapentane

Delsym

Dextromethorphan

Duratuss

Duravent

Entex LA, PSE

Guaifenesin

Humabid

Phenylephrine

Rescon GG

Respi-Tann, Respi-Tann G

Robitussin PD, DM

Sudafed, PE

Triaminic Yellow

Z-Cof DM

### Meds for ADHD /Other

Cylert

Paxil

Prozac

Ritalin

Wellbutrin

Zoloft

### Reflux Meds

Aciphex

Nexium

Omeprazole

Prevacid

Prilosec

Protonix

Zegerid

Oral Steroids - 10 days or less

\*\*\*\*Any of these generic medicines found over the counter: Brompheniramine, Cetirizine, Chlorpheniramine, Diphenhydramine, Loratadine, Pheniramine, Pyrilamine