**Patient instructions.**

1. The patient **must not take any antihistamines** one week before attending the clinic. These include:
   1. Reactine (Cetirizine)
   2. Claritin (Loratadine)
   3. Aerius (Desloratadine)
   4. Allegra (Fexofenadine)
   5. Blexten (Bilastine)
   6. Rupall (Rupatadine)
   7. Benadryl (Diphenhydramine)
   8. Atarax (Hydroxyzine)
2. Other medications that should be avoided are listed below; however**, please check in with your primary physician first**. Some of the medications below require a slow taper and should not be stopped without consulting your primary physician. If you are unable to come off these medications, please contact our clinic assistant at [allergy@vch.ca](mailto:allergy@vch.ca)
   1. Antidepressants/Psychiatric mediation
      1. Amitriptyline, quetiapine, doxepin, and imipramine
   2. Oral Steroids
      1. Prednisone, dexamethasone, methylprednisolone