

Dear Patient,

We would like to take this opportunity to welcome you to our practice and thank you for trusting us with your care. This letter is intended to provide you with some basic information for your initial appointment. Please read it carefully, and if you have any questions please feel free to contact our office. Your initial appointment will take about 2-3 hours. It will include a thorough history, exam, and possibly allergy testing and/or breathing tests. Allergy testing is a simple procedure, which sounds worse than it actually is. The test is usually done on the patient's back or forearm. The nurse will prick the skin with a small plastic applicator that contains the allergen on the tip. If you are allergic to that substance you will develop a "wheal and flare" reaction much like a mosquito bite. Your doctor determines the number of tests done according to the history you have given. Skin testing is not painful but can be somewhat uncomfortable. After skin prick testing, some patients may also receive intradermal testing, where a small amount of the allergen is injected under the skin of the arm to see if it causes a reaction. The intradermal test feels like pinches. Swelling or redness at the skin test sites, which may appear several hours after our testing, are called "delayed reactions" and do not have any significance. Any itching associated with these reactions can be managed with steroid creams and antihistamines. This may persist for several days.

Please bring your health insurance card and photo ID. If we participate with your insurance, you are responsible for payment of all deductibles, co-payments, co-insurance payments and non-covered services at the time services are rendered. It is your responsibility to know the amount of your co-pay, co-insurance, or deductible. If you have questions regarding your insurance coverage please contact the customer service representative for your policy prior to your appointment.

Things to do before your visit:

- It is important to stay off antihistamines for **five(5) days** prior to testing. Antihistamines will block the skin test reaction. See the detailed list of medications to stop below. Please do not stop antidepressant/psychotropic or any other medication before discussing with your doctor.
- Please arrive 30 minutes before your appointment. If you arrive late, we may be unable to test you due to time constraints.
- Please do not stop your other medications including asthma inhalers, singulair or nasal steroid sprays. If there is a question, please contact us before your visit.
- Do not put lotion on your arms or back 24 hours before your visit.
- Allow 2-3 hours for skin testing. You will discuss the results and treatment plan with the doctor after testing.
- Wear comfortable clothing. You will be asked to take your top off, so do not wear a one-piece outfit.
- It is recommended you eat prior to your visit unless instructed otherwise.
- Please bring any relevant medical records (labs, images, reports, office notes) to your visit.
- If you are pregnant, please contact our office.
- For patients 17 and under, bring written permission from a parent or legal guardian for evaluation and treatment if one of them is not accompanying the child.
- We request that you do not bring small children with you when you are scheduled for skin testing unless they are accompanied by another adult who can sit with them in the reception room.
- Please avoid wearing perfumes or strong scents.
- If you are unable to keep your appointment, please notify us 24 hours in advance.

**Medication to stop 5 days before visit**

Please note that this list includes the most common antihistamines but there may be some not listed here. Most over-the-counter medications with the word "allergy", most cold and cough medications, and over-the-counter sleep medications affect testing and should be stopped. If you have any questions, please call us first.



# ALLERGY AND ASTHMA SPECIALTY CENTER, INC.

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Adapin	Desipramine	Remeron
Advil Allergy	Dimetapp	Resperidone
Advil PM	Diphenhydramine	Risperdal
Alavert	Doxepin	Robitussin Cough, Cold & Allergy
Allegra	Dramamine	Rynatan
Allerhist	Drixoral	Ryneze
Allertan	Durahist	Semprex
Amitriptyline	Duratan	Seroquel
Anafranil	Dymista	Sinequan
Antivert	Dytan	Singlet
Asendin	Elavil	Sominex
Astelin	Etrafon	Sudafed Cold & Allergy
Astepro	Excedrin PM	Surmontil
Ataraz	Fexofenadine	Tacaryl
Atrohist	Hydroxyzine	Tandur
Aventyl	Imipramine	Tavist
Azelastine	Limbitrol	Temaril
BC Cold	Loratadine	Theraflu
Benadryl	Ludiomil	Tofranil
Bentyl	Levocetirizine	Triaminic
Benzotropin	Marezine	Triavil
Biohist	Meclizine	Trimipramine
Bonine	Norpramin	Trinalin
Brompheniramine	Nortriptyline	Tylenol Allergy
Carbinoxamine	Nyquil	Tylenol Cold
Cetirizine	Olopatadine	Tylenol PM
Chlortrimeton	Pamelor	Unisom
Clarinet	Patanase	Vicks
Claritin	Pediacare	Vivactil
Clemastine	Pediatan	Xyzal
Clomipramine	Periactin	Zonolon
Cogentin	Phenergan	Zyrtec
Comtrex	Polyhistine	
Contac	Promethazine	
Coricidin	Protriptyline	
Cyproheptadine	Pyribenzamine	

**PLEASE BRING A COMPLETE LIST OF YOUR  
MEDICATIONS WITH YOU**