

ALLERGY AND ASTHMA CARE, P.A.

12000 ELM CREEK BLVD. #200

MAPLE GROVE, MN 55369

TEL (763) 420-1010

FAX (763) 420-3710

Your appointment for a consultation has been scheduled. Please bring along the completed forms and any medications you are presently taking. If you have been receiving allergy injections, please bring a record of these injections. Do not reorder new extracts from your present doctor but bring along any extracts you may currently be using. Patients under the age of **18** years old must be accompanied by a parent or guardian. This evaluation may take a couple of hours; please limit family members attending the appointment.

If illness or circumstances prevent you from keeping this appointment, please notify us as early as possible so we may extend this time to other patients. This office has a 24-hour cancellation policy for consultations. Your cooperation is greatly appreciated.

PREPARATION FOR ALLERGY TESTING

In order to obtain valid and useful skin testing results, you need to discontinue the use of certain medications for a specific time before the skin test and your appointment.

1. All over-the-counter (OTC) **antihistamines** such as Benadryl, Contac, Dristan, etc; sleep aids such as Nytol, Tylenol PM; and all prescription antihistamine must be withheld for at least **48 hours (2 days)** before your appointment.
2. Because most cough preparations contain antihistamines, these must be withheld for **2 days**.
3. **Specific “non-sedating” antihistamines such as Allegra, Claritin, Clarinex, Xyzal and Zyrtec** need to be withheld for **5 days**. **Antihistamine nose spray Astelin, needs to be withheld for 5 days**.
4. If you have hives, do not discontinue antihistamines. Allergy testing will probably not be done at the first visit.
5. Medicines containing hydroxyzine (Atarax, Marax, and Vistaril) must be stopped for **5 days**.
6. Some **antidepressants**, specifically tricyclic antidepressants (Adepin, Elavil, Nopramin, etc.) can affect skin test results and need to be withheld for **2 weeks**. Please contact us or prescribing physician, before discontinuing these medications.
7. Prescription nose sprays like Nasonex, Nasacort AQ, Rhinocort AQ, Flonase, Nasarel and Beconase do not interfere with testing along with **Singulair** tablets. You do not need to stop them before your appointment.

Other drugs used for asthma, such as oral prednisone and other cortisone derivatives inhaled corticosteroids (Beclovent, Vanceril, Advair, Azmacort, Aerobid, Flovent, Pulmicort, QVAR), theophylline or aminophylline preparations, terbutaline (Brethine, Bricanyl), metaproterenol (Alupent, Metaprel), and the metered dose bronchodilators (Albuterol, Maxair, Proventil, Serevent, Ventolin) **will not interfere** with skin testing and **should be continued**.

(See back of this sheet for a complete list of medications that should be withheld prior to skin testing.)

Additionally, there are no restrictions on diet.

If you are unable to restrict these medications as requested or have any other questions, please call us in advance at (763) 420-1010. Thank you for your cooperation.

