

### **New Patient Appointment Instructions**

Welcome! To ensure your initial visit is as productive as possible, please carefully read all enclosed materials before your appointment. If you have any questions, please contact our office prior to your scheduled visit. Your initial appointment will likely last between 2-4 hours, so we ask that you plan accordingly!

#### **Initial visits may include the following**

- Consultation with a provider
- Physical Exam
- Allergy Testing
- Pulmonary Function Test (only for those with asthma/breathing concerns or if indicated by a provider)

#### **What to Bring**

- A complete list of all current medications
- Recent bloodwork (if available)
- Recent sinus or chest X-rays (if available)
- Hair tie (to pull back long hair for testing purposes)

#### **Breathing Test**

If you have concerns about asthma or breathing issues, are over the age of 5, and it is deemed appropriate by the provider, you will likely be scheduled for a breathing test or a pulmonary function test (PFT). We ask that you do NOT take any oral, inhaled or nebulized bronchodilators on the day of your appointment\*, including but not limited to the following:

- Advair (Fluticasone-Salmeterol)
- Airduo
- Airsupra
- Atrovent / Combivent
- Breo
- Breztri
- Serevent
- Spiriva
- Symbicort (Budesonide-Formoterol)
- Trelegy
- Xopenex (Levalbuterol)
- \*Important: If you experience shortness of breath, wheezing, chest tightness or severe cough, please use your inhaler or nebulizer as needed for safety.

You may continue taking any of the following medications:

- Accolate
- Oral or inhaled steroids
- Singulair (Montelukast)
- Theophyllines

If you are unsure about a medication, please call our office to confirm.

### Important Medication Instructions

Some medications may need to be stopped prior to testing. There are certain medications, like antihistamines, that will affect the validity of allergy testing. Please review all cold, allergy and over-the-counter medications carefully. Please stop the following medications 7 days before the appointment:

- Allegra / Allegra-D (Fexofenadine)
- Atarax / Vistaril (Hydroxyzine)
- Axid (Nizatidine)
- Clarinex / Clarinex-D (Desloratadine)
- Claritin / Claritin-D / Alavert (Loratadine)
- Cyproheptadine/Periactin
- Orange juice
- Pepcid (Famotidine)
- Probiotics
- Semprex-D
- Tagamet (Cimetidine)
- Vitamins and supplements (Especially Vitamin C)
- Xyzal (Levocetirizine)
- Zantac (Ranitidine)
- Zyrtec / Zyrtec-D (Cetirizine)

Stop the following medications 3 days before appointment:

- Astelin / Astepro / Dymista (Azelastine)
- Benadryl (Diphenhydramine)
- Chlorpheniramine
- Cyclizine
- Dimetapp
- Doxylamine
- Tavist/Tavist-D
- Dramamine (Dimenhydrinate)
- Patanase
- Patanol / Pataday (Olopatadine)
- Promethazine

You do not need to stop antihistamine/medications if you have concerns about a bee/venom reaction or antibiotic reactions, as these have specialized testing that would need to be scheduled for a future appointment.

### Fragrance-Free Policy

For the safety of our patients with allergies and asthma, we ask that you abstain from wearing any perfumes, scented lotions, body sprays, or colognes to your appointment. Cigarette and marijuana smoke can also be a big trigger for sensitive lungs. We ask for you to be respectful of the sensitive lungs around you. Thank you for helping us maintain a safe environment.

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Signature of Patient/Guardian

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Patient Name

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Date