

Allergy & Asthma

DIAGNOSTIC OFFICE

Dear Patients- In order to make your initial visit more productive, it is necessary that all enclosed papers be read prior to your appointment. PLEASE if you have questions; call the office **before** your initial appointment.

**** PLEASE DO NOT WEAR... PERFUMES or SCENTED COLOGNES.** It may irritate or harm our patients with allergies or asthma. Thank you.

*******IMPORTANT INSTRUCTIONS*******

1. DO NOT TAKE ANTIHISTAMINES PRIOR TO VISIT.

Check cold preparations for antihistamines. These are **some** of the major brands to look for:

***MUST BE OFF 7 DAYS PRIOR TO VISIT:**

MULTIVITAMINS

VITAMIN C

Allegra/ Allegra-D (Fexofenadine)	Xyzal (Levocetirizine)
Zyrtec/ Zyrtec-D (Cetirizine)	Claritin/Claritin-D/Alavert (Loratadine)
Clarinetx/ Clarinetx-D (Desloratadine)	Atarax/ Vistaril (Hydroxyzine)
Semprex-D	Tagament (Cimetidine)
Pepcid (Famotidine)	Axid (Nizatidine)
Zantac (Ranitidine)	
Cyproheptadine (Periactin)	

MUST BE OFF 3 DAYS PRIOR TO VISIT:

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

2. Possible BEE / VENOM reaction patients, if this is the **only problem you are coming for, you do not have to stop antihistamines. You will be tested another day.**

3. ANTIBIOTIC REACTION- If you are coming for **only** an antibiotic reaction, you do not have to stop antihistamines. You will be tested another day.

4. If you are scheduled for a breathing test (Pulmonary Function Test)

***DO NOT TAKE** any oral, inhaled or nebulized bronchodilators **the day of your appointment**.

Common types are... **Albuterol** (Proventil, Ventolin or ProAir)

**Foradil, Maxair, Spiriva, Serevent, Breztri, Breo, Trelegy and Airduo, Symbicort, Xopenex, Advair
Atrovent (Ipratropium bromide)/Combivent & Combivent respimat**

*If you are unsure, please feel free to call.

*However **use** your inhaler or nebulizer if you are **experiencing shortness of breath, difficulty breathing, wheezing, or a severe cough.**

5. CONTINUE TAKING any Theophylline's, Oral or Inhaled Steroids, Singulair, Accolate.

6. BRING complete list of **all medications; if possible bring recent Blood work, Sinus or Chest X-Rays.**

YOUR INITIAL VISIT ranges in time from **2-4 hours** and includes Consultation, Physical Exam, Allergy Testing and for some patients, Pulmonary Function Testing. Additional testing may be required and completed another day.

If patient has long hair, please wear or bring something to tie it back with. Thank you

SIGNATURE OF PATIENT/GUARDIAN

PATIENT NAME

DATE