

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

ALL VITAMINS, ALL SUPPLEMENTS

VITAMIN C, significant amount of Orange Juice	
Allegra/ Allegra-D (Fexofenadine)	Xyzal (Levocetirizine)
Zyrtec/ Zyrtec-D (Cetirizine)	Claritin/Claritin-D/Alavert (Loratadine)
Clarinetx/ Clarinetx-D (Desloratadine)	Atarax/ Vistaril (Hydroxyzine)
Semprex-D	Tagamet (Cimetidine)
Pepcid (Famotidine)	Axid (Nizatidine)
Zantac (Ranitidine)	Probiotics
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), Xopenex (Levalbuterol), Asmanex **Spiriva, Serevent, Breztri, Breo, Trelegy and Airduo, Symbicort, Xopenex, Advair/(Fluticasone Salmeterol), Atrovent (Ipratropium bromide), Combivent & Combivent Respimat, Airsupra Fluticasone**

*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. **Should you fail to follow the above directions and cancel the NEW patient appointment without a 24-hour notice, a \$150 fee will be assessed.**

SIGNATURE OF PATIENT/GUARDIAN

PATIENT NAME

DATE