

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 injection vials from your present doctor but bring along any vials 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 sleep aids and over the counter medications must be withheld for 2 to 5 days before your appointment.
2. Because most cough preparations contain antihistamines, these must be withheld for **2 days**.
3. If you have hives, do not discontinue antihistamines. Allergy testing will probably not be done at the first visit.
4. 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 your prescribing physician, before discontinuing these medications.
5. Prescription nose sprays like Nasonex, Nasacort AQ, Rhinocort AQ, Flonase, Nasarel, Beconase and Singulair Tablets DO NOT interfere with testing. 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 (Alvesco, 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, Xopenex) **will not interfere** with skin testing and **should be continued**.

(See separate 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.

Medications Which Must Be Withheld Prior to Skin Testing

All the medications listed below must be held at least 48 hours prior to skin testing, and the medications denoted by a * or + must be held longer than 48 hours. The majority of these medications are antihistamines used to treat allergy symptoms or hives. However, the sleep aids and medications used to prevent dizziness or nausea also have antihistaminic effects. If you are taking a tricyclic antidepressant, consult with your doctor before stopping it.

These medications are listed by brand name, with the (generic name) in parentheses.

Actidil (triprolidine HCL)	Disobrom	Phenergan (promethazine)
Actifed (triprolidine HCL)	Disophrol	Polaramine, Polargen
Alka-Seltzer Plus Cold (chlorpheniramine)	Dorcol	(dexchlorpheniramine)
*Allegra (fexofenadine)	Dristan	Pyribenzamine
Allerest (chlorpheniramine)	Drixoral	Pyroxate (chlorpheniramine)
Alevert (loratadine)	Extendryl	Rhinex
*Atarax, Vistaril (hydroxyzine)	Fedahist (chlorpheniramine)	Rondec (carbinoxamine)
ARM	Hispril (diphenylpyramine)	Rynatan (chlorpheniramine/ pyrilamine)
Atrohist	Histabid	Rynatuss
BENADRYL (diphenhydramine)	Histadyl	Sine-Aid
Benylin (diphenhydramine)	Histaspan	Sinutab
Bromfed (bromphenaramine)	Isoclor	Sinutin (chlorpheniramine)
Chlor-Trimeton (chlorpheniramine)	Kronafed-A	Sudafed-Plus (chlorpheniramine)
*Claritin (loratadine)	Naldecon (phenytolozamine)	Tacaryl (methdilazine)
*Clarinex (desloratadine)	Napril	Tamine
Clistin (carbinoxamine)	Nolahist (phenindamine)	Tavist (clemastine)
Comhist	Nolamine (chlorpheniramine)	Teldrin
Congesprin	Novafed A	Temaril (trimeprazine)
Contact	Novahistine	Triaminic ((chlorpheniramine)
Coricidin (chlorpheniramine)	Optimine (azatadine)	Triaminicin
Deconamine	Ornade	Trinalin (azatadine)
Dehist	Ornex	Tussagesic
Dimetane	PBZ (tripeleppamine)	*Xyzal
Dimetapp	Perciatin (cyproheptadine HCL)	*Zyrtec (cetirizine)

This list is not inclusive and does not include many combination cough/cold syrups, extended release products, or ophthalmic (eye) preparations.

Anti-nausea/Antivertigo agents:

Antivert, Bonine, DizmissR (meclizine)	Emete-Con (benzquinamide)
Bucadin-5 (bucitizine)	Marezine (cyclizine)
Compazine (prochlorperazine)	Marmine, Dramamine (dimenhydrinate)
Dymenate	Tigan (trimethobenzamide)

Non-prescription sleep aids and miscellaneous:

Tylenol PM, Unisom, Nytol, Sominex, Twilite, Quita, Midol-MSF

+Tricyclic or Tetracyclic antidepressants (Contact your prescribing doctor or psychiatrist before discontinuing)

Adepin (doxepin)	Nopramin (desipramine)
Anafranil (chomipramine)	Pamelor (nortriptyline)
Asendin (amoxipine)	Remeron (mirtazapine)
Aventyl (nortriptyline)	Sinequan (doxepin)
Desyrel (trazadone)	Surmontil (trimipramine)
Endep (amitriptyline)	Tofranil (imipramine)
Elavil (amitriptyline)	Trabcioak (chlormezanone)
Ludiomil (mapropridine)	Vivactil (protriptylline)

*Time required to withhold medications * 5 days + 2 weeks*