

Dear _____

Welcome to the Asthma and Allergic Diseases department at Park Nicollet Clinic. Our entire staff wishes to provide you with a very thorough and satisfactory visit to our department. Please take time before your appointment day to read the information below **and on the other side of this sheet**. Your appointment for a consultation evaluation has been scheduled with:

Dr. _____ Date _____ Time _____ Location _____

Please bring along the completed allergy questionnaire and any medications you are presently taking in order for your visit with us to be as accurate and complete as possible. If you have been receiving allergy injections, bring a record of those injections. Do not reorder new extracts from your present physician, but bring along any extracts you may currently be using. A parent or guardian must accompany patients under the age of 18 years old. Because our examination rooms are small and this evaluation may take up to two hours, we ask that you limit family members attending the appointment.

Plan to arrive 20 minutes early for your appointment to allow for check-in time, verifying insurance information and/or collecting co-pays. Bring your insurance card with you.

If illness or other circumstances prevent you from keeping this appointment, notify us as early as possible so we may extend this time to other patients.

Preparation for Allergy Skin 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 your appointment and skin testing. **If you have severe hives, you should not discontinue antihistamine medications.**

1. All over-the-counter (OTC) **antihistamines** such as Actifed, Benadryl, Contac, Dimetapp, Dristan, Sinutab, Tavist, etc. and sleep aids such as Nytol, Sominex, etc. must be withheld for **2 days**.
2. Because most cough preparations contain antihistamines, these must be withheld for **2 days**.
3. All prescription "**non-sedating**" **antihistamines** such as Allegra, Clarinex, Claritin and Zyrtec need to be withheld for **5 days**.
4. Medicines containing **hydroxyzine** (Atarax, Marax and Vistaril) must be stopped for **5 days**.
5. Some **antidepressants**, specifically tricyclic antidepressants (Elavil, Norpramin, etc.), can affect skin test results. Contact your primary physician or us before discontinuing these medications.

Other drugs used for asthma, such as oral prednisone and other cortisone derivatives, inhaled corticosteroids (Azmacort, Aerobid, Beclovent, Flovent, Pulmicort, Vanceril), theophylline or aminophylline preparations, terbutaline (Brethine, Bricanyl), metaproterenol (Alupent, Metaprel), and the metered-dose bronchodilators (albuterol, Maxair, Proventil, 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.

This isn't just about health care. This is about you.

Medications which must be withheld prior to Skin Testing

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.

*The medications listed below must be held for **5 days**. They are listed by brand name with the generic name in parentheses.*

Allegra (fexofenadine)
Atarax (hydroxyzine)
Clarinet (desloratadine)

Claritin (loratadine)
Vistaril (hydroxyzine)
Zyrtec (cetirizine)

*The medications listed below are some over-the-counter (OTC) examples of allergy, sinus or cold preparations and must be held for **2 days**. This list is not inclusive and does not include many combination cough/cold syrups, extended release products or ophthalmic (eye) preparations.*

Actifed (triprolidine HCL)
Benadryl (diphenhydramine)
Chlor-Trimeton (chlorpheniramine)
Contac (phenylpropanolamine)

Dimetapp (brompheniramine)
Dristan (chlorpheniramine)
Sinutab (chlorpheniramine)
Tavist (clemastine)

*The medications listed below are non-prescription sleep aids and miscellaneous medications that must be held for **2 days**.*

Midol-MSF
Nyrol
Qulta

Sominex
Twilite
Unisom

NOTE: *All antidepressants and psychiatric medications may interfere with skin testing. Ask your prescribing physician if you may stop any of those medications for 5 days prior to skin testing.*

If you are unable to restrict these medications as requested or have any other questions, call us in advance at 952-993-3090. Thank you for your cooperation.

The Asthma and Allergic Diseases Staff and Physicians
Park Nicollet Clinic