



Welcome to Our Clinic! (What to Expect On Your First Visit)

We want to thank you for choosing us to be a partner in your healthcare! We look forward to meeting you and your family and helping you with your diagnosis and developing a successful treatment plan to solve all of your allergy problems. Your quality of life is our number one priority. Please take a moment to review the following information so your appointment will run smoothly. An allergy evaluation requires a thorough history and testing at the first visit and takes longer than most other doctor's visits.

Allergy Evaluation and Testing:

- Usually, your first visit takes 2 to 2½ hours at the clinic.
- You will be interviewed by several team members during your evaluation and testing will be performed on the day of the visit. Our board certified allergy physician will be involved with all of these procedures. Sometimes lung function testing is necessary. Skin testing is performed on the back and takes 15-30 minutes and is fairly painless. It is performed using a plastic pick to prick the skin and doesn't puncture the skin. Since testing is done on the back it is recommended that you wear a two piece outfit.
- The physician will meet with you and make any necessary recommendations (lab studies, medications, referrals, treatment plans, etc.). Education will be done during the visit.
- If labs were ordered at your initial visit, the nurse will contact you in 2 - 4 weeks after the lab results have been received and interpreted by the physician.
- Follow up visits are often necessary and will be determined by the physician.

Medications:

- Please omit **only antihistamines** for three to five days prior to your appointment as they can interfere with allergy testing. See antihistamine list below.
 - Atarax (Hydroxyzine)
 - Azelastine Nasal Spray/Eyedrops (Astelin)
 - Cetirizine (Zyrtec)
 - Chlorpheniramine (Chlortabs)
 - Desloratadine (Clarinex)
 - Olopatadine Nasal Spray/Eye drops (Patanase/Pataday)
 - Diphenhydramine (Benadryl)
 - Dymista Nasal Spray
 - Fexofenadine (Allegra)
 - Levocetirizine (Xyzal)
 - Loratadine (Claritin & Alavert)
 - Zaditor Eye Drops
- **DO NOT** stop any asthma inhalers, steroid nasal spray (Flonase, Nasacort, Nasonex, Rhinocort, Etc.), Montelukast (Singulair), or any non-allergy/asthma medications not listed above. If you have any questions, don't hesitate to contact our office.

Children:

- If the patient is a minor, the adult/guardian accompanying the minor should be the person most familiar with his/her symptoms and history.
- It is best to not bring other children to the clinic on the day of the allergy evaluation. The full attention of a parent is needed to keep a small child occupied during the appointment.
- If two children are to be evaluated on the same day, an adult should accompany each child.

