

# ALLERGY & ASTHMA CONSULTANTS, LLP

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## WHAT TO EXPECT AT YOUR FIRST VISIT

Your allergy evaluation will consist of **two separate appointments**. Your first visit will be a history and physical with the doctor, skin testing, ordering labs and x-rays if needed, and medications, if ordered. You will return for a summary conference on a later date to discuss the results and treatment **after all test results are compiled**.

### MEDICATIONS THAT INTERFERE WITH ALLERGY SKIN TESTING

In order to ensure the most valid results of your allergy work-up, we request that you refrain from taking the following medications during the period indicated.

**\*\*\*Do not take any antihistamines or cold preparations  
48-72 hours prior to your appointment.**

There are many drugs, which include antihistamines. Some of the more common ones are:

Alavert	Cyproheptadine	
Allegra	Deconamine	Pannaz
Alka-Seltzer Cold	Dimetapp	Periactin
Amitriptyline	Diphenhydramine	Phenergan
Astelin Nasal Spray	Doxepin (Sinequan)*	Pyribenzamine (PBZ)
Atarax*	Dramamine	Ru-Tuss
Atrohist	Dristan	Rynatan
Benadryl	Drixoral	Semprex D
Bromfed	Elavil	Tavist
Brompheniramine	Hydroxyzine	Tanafed DP
Chlorpheniramine	Histex	Tanafed DMX
Chlor-Trimeton (CTM)	Lodrane	Triaminic
Claritin	Mescolor	Tussionex
Clarinex	Naldecon	Tylenol Cold/Allergy
Comhist	Norpramin	Tylenol PM
Comtrex	Nortriptyline	Vistaril*
Contact	NyQuil	Zyrtec*
	Ornade	

**\*Astelin, Atarax, Doxepin (Sinequan), Vistaril and Zyrtec: DO NOT  
TAKE FOR SEVEN DAYS PRIOR TO YOUR APPOINTMENT.**

1. If you are presently taking an anti-depressant, cough or cold medication not listed, please call our office and let us know before your visit.
2. Prednisone and other corticosteroids do not block allergy skin testing and may be continued as prescribed.
3. Antibiotics, nasal sprays (**except for Astelin**), and asthma medications will not interfere with testing.