



# ALLERGY & IMMUNOLOGY

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## HEALTH SERVICES

Dear Patient,

Please complete the New Patient Forms and bring them with you on the date of your visit along with your insurance card and any co-pays required by your insurance company. **(Do not mail in your forms.)**

If you are unsure about your insurance, please check with your insurance carrier to verify if we are in network with them, if your particular insurance has Out-Of-Network benefits or if it requires a referral. Your insurance carrier phone number should be noted on the back of your insurance card.

If your insurance requires a referral, please make sure this has been called into your primary care physician. If a referral is required and we do not have this information on the date of your visit, your appointment may need to be rescheduled.

**Allergy testing patients:** To be allergy tested, please note: You must not be on any antihistamines 48 hours to 1 week prior to your appointment. *\*\*See Guidelines for Avoiding Antihistamines\*\** Medications do not have to be stopped if coming in for hives. Asthma medications can be continued. Please check with our office if you are unsure.

Thank you for your consideration. We look forward to seeing you in our office.

**Allergy and Immunology Health Services**  
**GUIDELINES FOR AVOIDING ANTIHISTAMINES**  
**PRIOR TO ALLERGY SKIN TESTING**

Antihistamines must be discontinued prior to skin testing. Some antihistamines should be discontinued 48 hours prior to testing and some (as listed) need to be discontinued up to a week prior to testing. Decongestants without antihistamines can be taken up to the time of testing.

Please see the following list for some of the most common medications and when they should be discontinued.

If you have any questions about antihistamines in your medication, please check with your physician or your pharmacist.

**TRICYCLIC ANTIDEPRESSANTS (Stop these 1 week before)**

<b>Amitriptyline (Endep, Enovil, Elavil, Emitrip)</b>		<b>Limbitrol</b>
<b>Amoxapine (Asendin)</b>		<b>Nortriptylline (Pamelor, Aventyl)</b>
<b>Desipramine (Norpramin, Pertofrane)</b>		<b>Protriptyline (Vivactil)</b>
<b>Doxepin (Adapin, Sinequan)</b>		<b>Seroquel</b>
<b>Imipramine (Janimine, Tipramine, Tofranil)</b>		<b>Trimipgramine (Surmontil)</b>

**ANTIHISTAMINES (Stop 48 hours to 1 week before.)**

Actidil  
 Actifed  
**Alavert – 1 week**  
**Allegra – 1 week**  
**Allegra D – 1 week**  
 Allerest  
 Allergesic  
 AllerX  
 Antivert  
 Astelin Nasal Spray  
 Astepro  
**Atarax – 1 week**  
 Atrohist  
 Azelastine Nasal  
 Benadryl  
 Benylin  
 Bromfed  
 Brompheniramine  
**Carbinoxamine**  
**Maleate- 1 week**  
 Cetirizine  
 Chlor- Trimeton  
 Chlorpheniramine  
**Claritin –1 week**  
**Claritin D – 1 week**  
**Clarinet – 1 week**  
 Clemastine Fumarate  
 Clistin Rondec  
**Clorpheniramine – 1 week**  
 Comtrex

Contac  
 Coricidin  
 Cyclobenzaprine  
 Cyproheptadine  
 Deconade  
 Deconamine  
 Dexbrompheniramine  
**Dexchlorpheniramine – 1 wk**  
 Dimetane  
 Dimetapp  
 Diphenhydramine  
 Doxylamine  
 Dramamine  
 Drixoral  
 Dristan  
 Dymista  
 Extendryl  
 Fedahist  
**Fexofenadine–1 week**  
 Flexeril (Muscle relaxer)  
 Formula 44  
**Histex – 1 week**  
**Hydroxyzine – 1 week**  
 Isoclor  
**Loratadine – 1 week**  
 Naldecon  
 Olopatadine Nasal  
 Optimine  
 Orahist  
 Ornade

**Palgic – 1 week**  
 Patanase  
**Periactin – 1 week**  
**Phenergan – 5 days**  
 Polaramine  
 Polyhistine D  
 Promethazine  
 Rondec  
 Rynatan  
 Ryna- 12-S  
 Semprex  
 Sinutab  
 Sudafed Plus  
 Tanafed  
 Tavist  
 Triaminic  
**TussiCaps – 1 week**  
**Tussionex**  
**PennKinetic–1 wk**  
 Vicks Nyquil  
 Vistaril  
**Xyzal – 1 week**  
 Zyrtec  
 Zyrtec D  
 \*\*Also, over-the- counter  
 combination medications that  
 contain antihistamines.