



Dear _____,

Your Allergy appointment is scheduled for:

Your allergy appointment will last from 1 to 2 hours and include consultation, physical examination, skin testing (if indicated), and recommendations.

There are several things you can do before your appointment to help us evaluate your allergic problems:

- Please plan to arrive 15 minutes prior to your appointment time if you have never been seen before at the Menlo Medical Clinic so we can properly register you.
- Bring your photo identification and insurance information to any appointments to ensure that we have your current insurance information for billing purposes. If you are self-pay patient, please be prepared to pay a deposit at the time of your visit.
- Fill in the enclosed Allergy Questionnaire and bring to your appointment.
- Read the enclosed information about medications that interfere with skin testing. Please call us if you have questions about your medications.**
- To avoid the needless duplication of laboratory procedures, please bring with you any recent result for complete blood counts, nasal smears for eosinophils, RAST's, sinus X-Rays, or chest X-Rays. Films of any X-Rays are also helpful, if available. Procedures and tests done at Menlo Medical Clinic and Stanford Hospital and Clinics will already be available to us.
- Please check our website at www.menloclinic.com for directions to the clinic. Our office is located on the 2nd floor.
- Bring all medications with you.

We hope this information is useful in preparing for your visit and encourage you to call if you have any questions at (650) 498-6720.

Sincerely,

Nancy Cummings, MD

Manjul Dixit, MD



Skin Testing Information

Allergy patients scheduled for skin testing must not use antihistamine compounds prior to the skin testing appointment. The compounds include not only the “classic” antihistamines, but also certain compounds with “antihistamine-like activity” such as the tricyclic antidepressants. These will be mentioned in the ensuing paragraphs.

Antihistamines are frequently a component of cold remedies and allergy pills. Therefore, it is important to read the package label and check with your pharmacist. Typical examples include: chlorpheniramine (Tylenol Allergy, Advil Allergy, and Dristan etc.), brompheniramine (Bromfed), diphenhydramine (Benadryl), triprolidine (Actifed), and clemastine (Tavist). These medicines should be withheld (not used) for at least **3 days (72 hours)** prior to your skin testing appointment. Preparations containing loratadine (Claritin, Claritin-D, Dimetapp non-drowsy, and many others) must be avoided for at least **7 days** prior to testing. Please check labels.

Certain antihistamines are long-lasting and need to be withheld as well. Fexofenadine (Allegra, Allegra-D), levocetirizine (Xyzal), and cetirizine (Zyrtec, Zyrtec-D) should be avoided **4 days** prior to testing. Desloratadine (Clarinex) and loratadine (Claritin) should be avoided **7 days**. Hydroxyzine (Atarax) needs to be avoided for **2 weeks** and azelastine (Astelin) nasal spray, **48 hours**. Avoid Antihistamine eye drops such as Optivar, Patanol, Elestat, and Zatidor **24 hours**.

Antihistamines used to suppress stomach acidity such as ranitidine (Zantac), cimetidine (Tagamet), and famotidine (Axid, Pepcid) should be withheld **24 hours** before skin testing. Prilosec, Aciphex, Protonix, Prevacid, and Nexium do **not** need to be withheld.

You may continue to use decongestants (Sudafed), steroid nasal sprays (Flonase, Nasacort AQ, Nasalide, Nasonex, Rhinocort AQ), nasal cromolyn (NasalCrom), and any asthma medicines (theophylline, asthma inhalers, Singulair).

Tricyclic antidepressants (such as amitriptyline, Elavil, Adapin, Sinequan, Tofranil, Trazadone, etc.), muscle relaxants (Flexeril, etc.), and sleeping pills (Ambien, etc.) can have “antihistamine-like” properties-**Please do not stop these medications without first contacting our office.** Other antidepressants such as paroxetine (Paxil), sertraline (Zoloft), fluoxetine (Prozac), citalopram hydrobromide (Celexa), escitalopram (Lexapro), and venlafaxine (Effexor) will **not** interfere with skin testing. If you are pregnant, please contact our office.

Please note: this is not a complete list. If your condition requires the continuous administration of any of the above medications or if you have any questions about medication you are taking interfering with skin testing, please contact our office at (650) 498-6720 prior to your appointment.