



*Department of Allergy – Redwood City*  
**Patient Information Sheet for Allergy Appointments**

Welcome to the Allergy Department. **Please read the following helpful tips to make your first visit pleasant and productive.**

Your first appointment in the Allergy department will consist of a 30-minute consultation with an Allergy and Asthma specialist. Skin testing **may** or **may not** be performed during this visit. If skin testing is ordered, you will need to spend an additional hour in the clinic.

**Skin testing may NOT be done if:**

- You are pregnant
- You are taking beta blocker medication (e.g. Atenolol)
- You can not stop taking antihistamines or certain antidepressants (see below for details)
- You are ill or wheezing
- You are under the age of 18, unless accompanied by a parent/legal guardian

Skin testing is performed by applying a small amount of antigen/allergen with a disposable device, either on the forearm or the back. In some cases, additional skin testing may be recommended which is usually done on a subsequent visit.

In order to assure accurate skin testing results, you must **discontinue antihistamines** for the appropriate length of time, which varies for different medications as follows:

7 days prior to visit	Allegra (Fexofenadine), Atarax (Hydroxyzine), Astelin (Azelastine), Zyrtec (Cetirizine), if possible discontinue [Elavil (Amitriptyline), Nortriptyline]
3 days prior to visit	Claritin (Loratadine), Deconamine, Chlorpheniramine, Dimetapp (Brompheniramine), Other cough and cold medicine ( Nyquil, Tylenol PM, Advil or Tylenol Cold and Allergy)
1 days prior to visit	Benadryl

Do not stop taking your cortisone nasal sprays and medication prescribed for other medical conditions. Please call the Allergy department at (650) 299-2485 if you have any questions regarding your medications.

**For asthma and chronic cough patients, a breathing test may be ordered. If possible stop the following medications:**

6 hours prior to visit	Albuterol, Combivent, Atrovent
12 hours prior to visit	Serevent, Advair
24 hours prior to visit	Spiriva

**On the day of your appointment:**

- Please arrive 15 minutes before your scheduled appointment to fill out an allergy questionnaire.
- Please be considerate to other members and call us 48 prior to you appointment if you need to cancel or reschedule.

Please call us at (650) 299-2485 if you have any further questions. We are looking forward to seeing you on your appointment date.