



Patient Instructions

WELCOME TO PREMIER ALLERGY OF TEXAS!

Thank you for choosing our practice. Please review the following information prior to your visit at our office. In order to make your visit as efficient as possible, please complete and sign the enclosed forms and bring them with you to your visit. Also, please review the following information:

- Arrive 10-15 minutes early to process your paperwork. A typical new patient consultation takes between 1 and 2 ½ hours, so plan accordingly.
- Discontinue all antihistamines at least 5 days prior to your visit so that allergy skin testing can be performed if necessary. A list of antihistamines is listed on the second page. NOTE: Do not discontinue Singulair, any nasal steroids, or any asthma inhalers— they do not interfere with testing. Also, if you are suffering from severe hives or swelling, it is fine to continue them.
- Review the specifics of your insurance coverage for allergy consultation and testing prior to your visit. Also, if allergy immunotherapy (allergy shots, tablets or drops) is later recommended by the provider, please review what your insurance policy covers. While we will make every effort to assist you in this process, any uncovered costs are the responsibility of the patient.
- Do not bring foods that contain peanuts or nuts to our office. Also, limit bringing other foods, as we have numerous patients with food allergies.
- Avoid wearing or bringing strongly scented products to keep our office healthy and comfortable to others as we have numerous patients with sensitivity to these products.
- Cellphone and video recording use is prohibited in all patient-care areas of the office—please make sure phones are silenced. Limit cellphone use in the waiting room area.
- If you must cancel or reschedule your appointment, please give at least 24 hrs. notice.
- You may view our directions and hours at our website, www.PremierAllergyTX.com

Thank you and we look forward to seeing you!

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MEDICATIONS TO STOP BEFORE ALLERGY SKIN TESTING

The medications listed below may suppress a skin test response during allergy testing and should **be stopped 5 full days prior to testing**. In general, if a drug is not on the list, it should be continued. If it is impossible to stop them (severe hives or itching, for instance), then continue them and other testing options will be considered, if necessary, after the physician consultation.

Oral Anti-Histamines

Loratadine (**Claritin, Alavert**)
Desloratadine (**Clarinet**)
Cetirizine (**Zyrtec**)
Levo-cetirizine (**Xyzal**)
Fexofenadine (**Allerga**)
Hydroxyzine (**Atarax, Vistaril**)
Diphenhydramine (**Benadryl, Zzzquil**)
Chlorpheniramine (**Chlor-trimetron**)
Cyproheptadine (**Periactin**)
Doxepin (**Sinequan**)
Clemastine (**Tavist**)
Promethazine (**Phenergan**)
Brompheniramine (**Bromhist**)
Meclizine (**Antivert**)
Tripeleennamine (**PBZ**)

Nasal Sprays

Azelastine (**Astelin**)
Olopatadine (**Patanase**)
Dymista

Eye Drops

Olopatadine (**Pataday**)
Azelastine (**Optivar**)
Ketotifen (**Zatidor**)

Herbal Supplements

Licorice
Green Tea
Saw Palmetto
St. John's Wort
Feverfew

Other

Doxylamine (**Unisom**)
Dimenhydrinate (**Dramamine**)
H2 Blockers (**Zantac, Pepcid, Acid, Tagamet**)
Amitriptyline ** (**Elavil**)

** Some patients may take this medication for pain or for headache and may not be able to discontinue this drug. Please call our office for instructions.

Note: Please continue all asthma medications (any and all inhalers), Singulair, xflo, and prednisone as prescribed. Continue nasal steroids as prescribed Flonase(fluticasone), Nasonex, Nasocort, Rhinocort, and Veramyst.