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What to bring to first appointment

- **You must have with you any related allergy testing, lab results, CT Scan or X-ray results, biopsy results, list of current medications, including “over the counter”, dosage and time of day you take it and any other medical records necessary for the doctor to properly assess and treat the patient.**
- **If appointment is for food allergy, bring food log with ingredient information and corresponding symptoms.**
- Several medications interfere with allergy skin testing. If you would like to be skin tested, please follow the recommended time intervals listed on the medication avoidance list attached for allergy medications that would need to be stopped for accuracy. **Please do not stop any chronic medications.** The nurse will ask you what medications you are taking, **so please have a complete list when you come to the office including over-the-counter** medications. If you have severe allergy or asthma symptoms you may not be tested for safety reasons. It will be done at the discretion of your physician. Please wear short sleeves.
- If you use inhalers, please bring them to your appointment.
- Insurance Card and Copay
- If a referral is required, please contact your Primary Care Physician. Some insurances prohibit us from seeing the patient without a referral.
- Photo ID of patient (if patient is under 18, bring parent photo ID)
- Completed Check in process on cell phone by clicking the link in the text you received 1 week prior or 2 hours prior to appointment. May also check in on the kiosk in office rather than on cell phone if preferred.
- Completed medical questionnaire on your patient portal no sooner than 1 wk prior to appointment.
(Portal setup: see 2nd link in email received after scheduling initial appointment; Link for questionnaire is found directly below your appointment info on your portal 1 wk prior to appointment or in confirmation text)
- If you are going to the Plainsboro office, please enter our NAME into your GPS rather than our address.
This will bring you directly to our door. Using our address makes it difficult to find our office.

Appointment Date/Time: _____ PR PL HM FL

ALLERGY SKIN TESTING AND MEDICATIONS (please wear short sleeves)

For **NEW PATIENT VISITS**: Several medications interfere with allergy skin testing. If you would like to be skin tested, please follow the recommended time intervals listed below for allergy medications that would need to be stopped for accuracy. **Please do not stop any chronic medications.** The nurse will ask you what medications you are taking, **so please have a complete list when you come to the office.** If you have severe allergy or asthma symptoms you may not be able to be tested for safety reasons. It will be done at the discretion of your physician.

DO NOT STOP ANY OF THE FOLLOWING CHRONIC MEDICATIONS TO TREAT OTHER CONDITIONS

Blood pressure medications	Antibiotics	Antidepressants	Inhalers for asthma or COPD
Oral steroids	Thyroid medications	All asthma medications	
Cardiac (heart) medications	Psychiatric medications		

The following medications need to be STOPPED 5 DAYS Before Skin Testing (with a few exceptions as noted.)

This list may not be complete, since new medications come on the market frequently, so please call us with any questions:

1. Older Allergy Medications 5 DAYS

Benadryl (diphenhydramine)	Ru-Tuss, Triaminic (pheniramine)	Chlor-Trimeton (chlorpheniramine)
Polaramine (tripelenamine)	Actifed (triprolidine)	Dimetapp, Dimetane (brompheniramine)
Nolahist, Nolamine = phenindamine	Trinalin (azatadine)	Bromfed (brompheniramine)
Periactin (ciproheptadine) 9 DAYS		

2. Non-Sedating Allergy Medications (7 DAYS)

Claritin, Alavert (loratadine)	Allegra (fexofenadine)	Clarinx (desloratadine)
Zyrtec (cetirizine)	Xyzal (levocetirizine)	

3. Over-the-Counter Cold, Sinus, and cough Medications 5 DAYS

Phenergan (promethazine)	Alleve Cold	Advil Cold/Sinus	Alka-Seltzer Plus/Cold	Comtrex
Contact	Coricidin	Drixoral	Pediacare	Rondex
Rynatan	Semprex D	Sinutab	Sudafed	Theraflu
Triaminic Allergy	Tylenol Cold/Sinus		Anything else with "PM" or "Allergy" in the name	

4. Medications for Itching and Hives 5 DAYS

Atarax, Vistaril (hydroxyzine)

5. Medications for Nausea and Motion Sickness 5 DAYS

Antivert, Bonine (meclizine)	Dramamine (dimenhydrinate)
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6. Over-the-Counter Sleeping Medications 5 DAYS

Advil PM	Excedrin PM	Sominex
Nyquil	Tylenol PM	Anything else with "PM"

7. Allergy Nasal Sprays 14 DAYS

Patanase (olopatidine)	Astelin, Astepro (azelastine)	Dymista (azelastine, fluticasone)
Ryaltris (olopatidine, mometasone furoate)		All others are not a problem

8. Reflux/Stomach medications 5 DAYS

Axid (nizatidine)	Pepcid (famotidine)	Tagamet (cimetidine)	Zantac (ranitidine)
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9. Allergy Eye Drops 7 DAYS

Bepreve (bepotastine besilate)	Elestat (epinastine HCl)	Lastacast (alcaftadine)	Livostin (levocabastine HCl)
Optivar (azelastine HCl)	Pataday (olopatidine HCl)	Zaditor (ketotifen fumarate)	Zerviate (cetirizine)

The following drugs should NOT be discontinued, but please tell the nurse if you are taking any of them:

Norpramin (desipramine)	Sinequan, Deptran (doxepin)	Tofranil (imipramine)	Remeron (mirtazapine)
Zyprexa (olanzapine)	Xanax (alprazolam)	Celexa (citalopram)	Ativan (lorazepam)
Benzodiazepines			

Intranasal steroid sprays will not interfere with testing:

Flonase (fluticasone), Nasonex, Zetonna, Nasacort (triamcinolone), Rhinocort, QNASL

6/20/23