

# Welcome to the Platte Valley Allergy and Asthma Clinic

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## *Getting Ready for Your Visit*

Thank you for choosing Platte Valley Medical Clinic for your allergy and asthma care.

### **What should I expect at the clinic?**

At your first visit, we'll ask about your medical history, symptoms and allergy and asthma triggers. We'll do an exam and talk about tests we might want to do to learn the cause of your symptoms. Then we'll find the treatment that best meets your needs.

### **What is allergy skin testing?**

Your doctor may order skin tests to find out what triggers your symptoms. If so, your total visit will take about 90 minutes. The skin tests takes about 15 to 20 minutes.

Skin testing involves one or more gentle pricks on the skin. If you are allergic to a substance, the skin around the test area will turn red.

Your doctor will review your results after the tests.

### **How should I get ready for this visit?**

#### ***Bring medicines and allergy records***

Please bring these to your visit:

- All medicines that you take
- Records of any allergy care you've had in the past

#### ***Stop taking certain medicines***

Please read the attached list of medicines to stop taking before your skin testing appointment.

If you take any of these medicines, you should **stop** taking them before your clinic visit. This may help us get more accurate results from you skin testing.

**Before you stop taking any medicines: Be sure you get the OK to stop taking the medicine from the doctor who prescribed it.**

If you have concerns about stopping your medicines, call your doctor or our clinic staff.



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## Antihistamines

### ***Stop 7 days before your test:***

- Alavert (loratadine)
- Allegra (fexofenadine)
- Atarax, Vistaril (hydroxyzine)
- Claritin (loratadine)
- Clarinex (desloratadine)
- Xyzal (levoceterizine)
- Zyrtec (ceterizine)

### ***Stop 5 days before your test:***

- Actifed, Dimetapp (brompheniramine)
- Astelin (azelastine)
- Benadryl (diphenhydramine)
- Chlortrimetron (chlorpheniramine)
- Periactin (cyproheptadine HC)
- Phenergan (promethazine)
- Tavist, Antihist (clemastine)
- Triaminic (chlorpheniramine)

## Combination cough and cold medicines

### ***Stop 5 days before your test:***

- Contac
- Dimetane
- Dimetapp
- Dristan
- Drixoral
- Nyquil
- Robitussin Pediatric Night Relief
- Sine-Aid
- Sinutab
- Sinutin
- Tanafed DMX
- Vicks Children's Nyquil
- Vicks Multi-Symptom/ Pediatric Cold & Cough

## Over the counter sleep aids

### ***Stop 5 days before your test:***

- Nytol
- Quita
- Sominex
- Nyquil
- Tylenol PM
- Twilite
- Unisom

## Anti-nausea and anti-vertigo medicines

### ***Stop 5 days before your test:***

- Antivert, Bonine, DizmissR (meclizine)
- Bucdin-5 (bucitizine)
- Compazine (prochlorperazine)
- Dymenate
- Emete-Con (benzquinamide)
- Marezine (cyclizine)
- Marmine, Dramamine (dimenhydrinate)
- Tigan (trimethobenzamide)

## Antacid medicines

### ***Stop 1 day before your test:***

- Axid (nizatidine)
- Pepcid (famotidine)
- Tagamet (cimetadine)
- Zantac (ranitine)

## Tricyclic or tetracyclic antidepressants

### ***Stop 2 weeks before your test, but only after you get approval from the doctor who prescribed the medicine:***

- Adepin (doxepin)
- Anafranil (chominpramine)
- Asendin (amoxipine)
- Avenyl (nortriptyline)
- Chlormezanone
- Desyrel (trazadone)
- Elavil (amitriptyline)
- Endep (amitriptyline)
- Ludiomil (maprodine)
- Nopramin (desipramine)
- Pamelor (nortriptyline)
- Remeron (mirtazipine)
- Sinequon (doxepin)
- Surmontil (trimipramine)
- Tofranil (imipramine)
- Vivactil (protriptyline)

## Muscle relaxants

### ***Stop 2 weeks before your test:***

- Flexeril (cyclobenzaprine)











Name: \_\_\_\_\_  
DOB: \_\_\_\_\_  
Date: \_\_\_\_\_

### Allergy and Asthma Questionnaire

Yes  No Do you know what foods cause the symptoms? If yes, list them here: \_\_\_\_\_

Yes  No Has the reaction required an ER visit or hospital stay? If yes, when? \_\_\_\_\_

**Do you eat any of the foods listed below?**

- Eggs:  yes  no  haven't tried
- Milk:  yes  no  haven't tried
- Wheat:  yes  no  haven't tried
- Soy:  yes  no  haven't tried
- Peanuts:  yes  no  haven't tried
- Fish:  yes  no  haven't tried
- Shellfish:  yes  no  haven't tried

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**Insect stings** (if you are concerned about insect stings, please answer the questions below)

**What symptoms occur after you are stung?**

- Hives, rash or itching
- Itchy throat
- Swelling of the throat
- Swelling in other parts of the body
- Stuffy head or nose
- Asthma
- Abdominal (belly) pain
- Vomiting (throwing up)
- Diarrhea (loose, watery stools)
- Loss of consciousness

**How many insects stung you right before symptoms occurred?** \_\_\_\_\_

**How soon after a sting did the symptoms occur?** \_\_\_\_\_

Yes  No Do you know what insect (wasp, yellow jacket, hornet, honeybee) causes symptoms? If yes, list here: \_\_\_\_\_

Yes  No Have symptoms lead to an ER visit or hospital stay? If yes, when: \_\_\_\_\_

*Physician's notes*

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**Is there anything else you would like the doctor to know?**

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