



# Menlo Medical Clinic

Dear \_\_\_\_\_,

Your Allergy appointment is scheduled for:

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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:

- Plan to arrive 15 minutes prior to your appointment so we can properly register you.
- Bring photo identification and insurance information to any appointment.
- If you are self-pay patient, please be prepared to pay a deposit at the time of your visit.
- Complete 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 records, labs, prior allergy tests or X-Rays. Procedures and tests done at Menlo Medical Clinic and Stanford Hospital and Clinics will already be available to us.
- Please check our website at [stanfordhealthcare.org/menlo](http://stanfordhealthcare.org/menlo) for directions to the clinic. Our office is located on the 2<sup>nd</sup> floor.
- Bring all medications with you.
- Please refrain from using fragrances on the day of your appointment.**

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 P. Cummings, M.D.**  
**Louanne M. Tourangeau, M.D.**  
**Hannah H. Walford, M.D.**

*Pediatric & Adult  
Allergy, Asthma & Immunology*

*1300 Crane Street  
Suite 2 South  
Menlo Park, Ca 94025*

## Skin Testing Information

**Please refrain from using any fragrances on the day of your appointment.**

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 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:

<b>Generic:</b>	<b>Brand Name:</b>	<b>Avoid for:</b>
Brompheniramine	Bromfed	at least 3 days (72 hours)
Chlorpheniramine	Tylenol Allergy, Advil Allergy, and Dristan, etc.	at least 3 days (72 hours)
Clemastine	Tavist	at least 3 days (72 hours)
Diphenhydramine	Benadryl	at least 3 days (72 hours)
Loratadine	Claritin, Claritin-D, Dimetapp non-drowsy, and many others	at least 7 days
Tripolidine	Actifed	at least 3 days (72 hours)

Please check labels. Certain antihistamines are long-lasting and need to be withheld as well.

<b>Generic:</b>	<b>Brand:</b>	<b>Avoid for:</b>
Azelastine	Astelin	48 hours
Carbinoxamine Maleate	Karbinol ER	5 days
Cetirizine	Zyrtec, Zyrtec-D	5 days
Desloratadine	Clarinex	7 days
Sinequan	Doxepin	7-14 days
Fexofenadine	Allegra, Allegra-D	5 days
Hydroxyzine	Atarax	2 weeks
Levocetirizine	Xyzal	5 days
Loratadine	Claritin	7 days
Periactin	Cyprohaptadine	7 days

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 or your doctors 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.

**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.**