

INLAND ALLERGY

ALLERGY, SINUS & ASTHMA CONSULTANTS,
INC.

AMIT PATEL MD, HEENA SHAH MD, FRANK CANAVAN PA-C

FOR SKIN TESTING PLEASE WITHHOLD THESE MEDS FOR AT LEAST 5 DAYS:

1.) Antihistamines (Generics or brands of Zyrtec, Allegra, Claritin, Clarinex, Atarax, Benadryl, Astelin, Astepro, Pazeo, Dymista, Doxepin, Xyzal, etc.)

2.) Sleep Aids, Cough suppressants (If they contain antihistamines like Mucinex, Alka-seltzer, Sudafed, Tylenol PM, Unisom, etc.)

3.) Anti-depressants (specifically Tricyclic antidepressants like Elavil, nortryptiline, trazadone, etc.) Please check with your prescribing provider about stopping these abruptly.

4.) Anti-nausea/Anti-vertigo agents (Antivert, Meclizine, Compazine, Dramamine, etc.)

5.) Okay to continue montelukast, oral corticosteroids/prednisone, steroid nasal sprays as they do NOT affect our testing.

IF ILLNESS OR CIRCUMSTANCES PREVENTS YOU FROM KEEPING THIS APPOINTMENT, PLEASE NOTIFY US AS EARLY AS POSSIBLE SO WE MAY EXTEND THIS TIME TO OTHER PATIENTS.

IN ORDER TO OBTAIN VALID AND USEFUL SKIN TESTING RESULTS, YOU NEED TO DISCONTINUE THE USE OF CERTAIN MEDICATIONS FOR A SPECIFIC TIME BEFORE THE SKIN TEST AND YOUR APPOINTMENT.

IF YOU ARE UNABLE TO RESTRICT THESE MEDICATIONS AS REQUESTED OR HAVE ANY OTHER QUESTIONS, PLEASE CALL OUR OFFICE TO RESCHEDULE. THANK YOU FOR YOUR COOPERATION.

FOR PULMONARY FUNCTION TESTING/SPIROMETRY:

Please hold all RESCUE inhalers for at least 12 hours → Albuterol, Proair, Proventil, Ventolin, Combivent, Xopenex.

Discontinue your maintenance inhaler for the 12-24 hour period prior to your scheduled appointment time → Alvesco, Advair, Asmanex, Aerobid, Flovent, Pulmicort, Qvar, Theophylline, Montelukast, Symbicort, Breo, Dulera, Trelegy, Spiriva, Arnuity, Airduo, Breztri, etc.

Stop SMOKING, no COFFEE on the day of your test, limit NITRATE containing foods few days before, no HEAVY meals before the test. Wear loose clothing.

This list is not inclusive and does not include many combination cough/cold syrups, extended release products, or ophthalmic (eye) preparations.



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