



Your Upcoming Visit

We recommend eating breakfast the day of your visit. New patient forms can be downloaded from our website and may be filled out ahead of time. Please see the list of medications to stop prior to the visit so that testing can be performed, if needed. If you are unable to stop your allergy medications before the visit, we can have a productive visit even if we aren't able to do testing that day.

New patient visits can be several hours for adults. First visits for infants and children are generally shorter. We have guest WiFi that works well in the exam rooms. Dr. von Elten will review your history, perform a physical exam, and discuss what testing is recommended. Once the test is complete, Dr. von Elten will review the results and you and she will determine the plan together. Most patients are able to go to work or school after their appointment. The itching from skin testing should subside quickly. Follow-up visits are typically 15 to 20 minutes.

Please **stop the following medications** the recommended number of days prior to your first visit. Name brand and generic names are listed.

14 Days	7 Days	5 Days
<ul style="list-style-type: none"> • Periactin (cyproheptadine) • Remeron (mirtazapine) 	<ul style="list-style-type: none"> • Claritin (loratadine) • Alavert (loratadine) • Clarinex (desloratadine) • Topical steroids on the back 	<ul style="list-style-type: none"> • Allegra (fexofenadine) • Zyrtec (cetirizine) • Xyzal (levocetirizine) • ChlorTrimeton (chlorpheniramine) • Antivert (meclizine)
3 Days	May be continued prior to testing	
<ul style="list-style-type: none"> • Benadryl (diphenhydramine) • Atarax or Vistaril (hydroxyzine) • Astelin (azelastine) nasal spray • Patanase (olopatadine) • Allergy eye drops • Over the counter cold and cough medicines 	<ul style="list-style-type: none"> • Singulair (montelukast) • Flonase (fluticasone) and other nasal steroids • Sudafed (pseudoephedrine) • Afrin (oxymetazoline) can be used up to 3 days at a time • Oral steroid (prednisone) • Pepcid (famotidine) • Prilosec (omeprazole) • Protonix (pantoprazole) • Nexium (esomeprazole) 	<p>Please continue all asthma inhalers and other health maintenance medications such as blood pressure, birth control, and diabetes drugs.</p> <p>Some nausea, sleep, depression and mood medications can interfere with skin testing, but it is not recommended to stop those.</p>

Please feel free to call us with questions!

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