

## **INITIAL VISIT INSTRUCTIONS**

The purpose of the initial visit is to obtain a detailed allergy history, to perform an adequate physical examination, and to request any necessary preliminary laboratory work. The mechanics of an allergy evaluation will be discussed, and a course of action will be outlined. Allergy skin testing may be done at this visit. **The patient should be prepared to spend two to three hours** in the office on the initial visit, although it may take only an hour, depending on the case. Examination and skin testing require undressing to the waist. A cape is provided for women. It would be convenient for adult female patients to wear skirts or slacks at these visits.

Since we set aside a 2-3 hour appointment slot for new patient appointments we ask that if you need to CANCEL or RESCHEDULE your appointment you contact us at least 24 HOURS prior to your appointment time, so that we may use that time slot for another patient.

## **ALLERGY SKIN TESTING**

Allergy skin tests are usually completed in one visit. In this office “prick” skin testing is done on the back. This method of testing is not painful, and even young children usually do not object. Occasionally, it is necessary to perform intradermal testing on the arms. If your child is to be tested, we will be happy to demonstrate allergy testing if you so desire. The tests are read in 15-20 minutes. **YOU SHOULD STOP TAKING ANTIHISTAMINES AT LEAST 2-7 DAYS BEFORE SKIN TESTING** – the length of time to withhold antihistamines varies depending on the medication and should be determined by our office. Many over-the-counter and prescription cold and hay fever medications contain antihistamines. Some medications, such as Antivert, and some antidepressant medications, such as Amitriptyline and Doxepin, also block skin tests. If you are taking any continuing medication, please make sure you discuss this with our nurses prior to your testing appointment. Do not stop asthma medicine or regular medicine required for other medical problems.

If there are any questions concerning medication, please call our office.

## **BEE STING ALLERGY**

Usually one initial visit with a minimal amount of skin testing is all that is necessary prior to initiating treatment. This initial visit will last about 2½ -3 hours. No antihistamines should be taken for at least 2-7 days prior to your appointment, depending on the particular antihistamine. **The patient cannot have been stung within THREE WEEKS prior to testing.**