

Dayton Arthritis and Allergy Center

3075 Governor's Place Blvd, Suite 110, Dayton, OH 45409

Dear _____:

It is our pleasure to welcome you as a new patient to our practice.

You have been scheduled to see Aliya Khan, MD on

If you are being evaluated for a possible allergy problem, remember to **stop your antihistamine medications prior to your appointment**. Many cold, allergy, sinus, and cough medications as well as nose sprays and eye drops contain antihistamines. (Please see attached form).

You should continue to take all of your other medications.

Please remember to bring the following:

- Bring all of your medications with you
- Bring copies of any RAST blood tests if your doctor is sending you for the evaluation of results
- If the patient is a minor, he or she must be accompanied by a parent or guardian who can give consent for testing and treatment.
- We suggest that women wear two piece outfits for possible allergy skin testing on the back.
- For patients with long hair, it is helpful to bring something to tie your hair back.

We are enclosing patient registration forms and questionnaire. **Please complete these sheets and bring them to your first visit along with all insurance cards.** We are looking forward to your visit. If you are unable to keep your appointment, please notify us as soon as possible by calling: **937-296-0015**.

Sincerely,

New Patient Scheduling

Medications to Hold for Allergy Testing

Stop **7-10 days** before testing

- Cetirizine (Zyrtec, Zyrtec D)
- Desloratadine (Clarinex)
- Fexofenadine (Allegra, Allegra D)
- Loratadine (Claritin, Claritin D, Alavert)
- Levocetirizine (Xyzal)
- Doxepin

Stop **5-7 days** before testing

- Brompheniramine (Actifed, Dimetapp)
- Chlorpheniramine (Chlortrimeton)
- Clemastine (Tavist, Antihist)
- Diphenhydramine (Benadryl, also found in Tylenol PM, Advil PM, etc.)
- Doxylamine (Nyquil)
- Hydroxyzine (Atarax, Vistaril)
- Promethazine (Phenergan)
- Azelastine – eye drops and nasal sprays (Astelin, Astepro, Dymista, Optivar)
- Ketotifen – eye drops (Zaditor)
- Olapatadine – eye drops and nasal sprays (Patanol, Pataday, Patanase)

Stop **3 days** before testing

- Cimetidine (Tagamet)
- Famotidine (Pepcid)
- Nizatidine (Axid)
- Ranitidine (Zantac)

OK TO CONTINUE nasal steroids or asthma medications:

- Flonase, Nasonex, Nasacort, Rhinocort, Veramyst
- Advair, Asmanex, Dulera, Flovent, Pulmicort, Symbicort, QVAR, Q-Nasl
- Singulair (monteleukast), Zflo, Theophylline, Medrol, and Prednisone.