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To ensure that all of your allergy concerns can be properly addressed during your visit, please take care in following the instructions outlined below.

Prior to your appointment

- **Complete our Patient Questionnaire** you requested to be enclosed with this letter, or access it online at www.norcalallergy.com in the "Forms" section accessible from the home page. It may unnecessarily extend your appointment if this form is not completed before you arrive at our office.
- **Discontinue use any of the following medications five (5) days prior to your appointment** to ensure that a complete evaluation can take place as scheduled:
 - ✓ **Antihistamines** – including Alavert, Allegra, Atarax, Claritin, Vistaril, Zyrtec, xyzal, cetirizine, desloratadine, diphenhydramine, fexofenadine, hydroxyzine, levoceterizine, loratadine, Benadryl, chlor-trimeton, anything with the word "allergy," and most with words "sinus," "cold," or "flu"
 - ✓ **Antihistamine nasal sprays** – including Astelin, Astepro, Patanase, azelastine
 - ✓ **Eye drops** – including Elestat, Optivar, Pataday, Patanol, Zaditoro
 - ✓ **Itch or hive medications** – including Atarax, Doxepin, Hydroxyzine, Vistaril, Benadryl
 - ✓ **Acid reflux medications** – including Tagamet, Zantac, Pepcid, famotidine, ranitidine
 - ✓ **Motion sickness/dizziness medications** – including Antivert, Dramamine, meclizine
 - ✓ **Asthma medications** - continue use as prescribed, as none interfere with the evaluation
 - ✓ **Antidepressants** - call our office for instructions, as most don't interfere with the evaluation
 - ✓ **Sleep aids** – call our office for instructions, as some interfere with evaluation and some don't

If you are unsure if something you are taking will interfere with the evaluation, please call our office immediately for advice. In an effort to be careful, some people stop medications that have no effect on testing to and end up needlessly suffering. We would like to help you avoid this situation.

- **Contact our office immediately if you need to reschedule your appointment.** We require at least 24-hour notice for appointment cancellation.

On the day of your appointment

- **Do not use body lotions, oils or creams on your back or arms.**
- **Bring your completed questionnaire** to your appointment.
- Please **allow at least 2 hours for your office visit** to complete allergy evaluation and testing.
- **Be prepared to pay \$100 at the time of your first visit.** A first visit can cost between \$800 and \$1,200. We require a minimum payment of \$100 by cash, check, ATM or credit card.
- Due to the amount of time set aside by our physicians for your visit, **there will be a \$100 charge for failure to cancel your new patient appointment without at least 24-hour advance notice.**

If you have any questions regarding your visit with us, do not hesitate to call our office at 896-2200. We will be happy to assist you.

Thank you,
Allergy Associates