

New Patient Information

Welcome to PMA Allergy. Your time is very important to us, so to help make your first appointment go as smoothly as possible, we've provided some information especially for our new patients.

For Your First Appointment

Print and complete a **new patient health history questionnaire** and bring it with you to your appointment. This form is found on the allergy section of the PMA website: <http://www.pmaofnorthernva.com/services/allergy-services/>

Please **arrive 20 minutes in advance** of your scheduled appointment time to complete the registration process.

Bring your most current **insurance card**, as well as your **photo ID**.

Please bring **all medications** that you are taking, including inhalers, over-the counter medications and vitamins, with you.

If applicable, bring all **previous allergy records**, relevant tests, x-rays and lab results.

If needed by your insurance provider, obtain a **referral** from your primary care physician. You may also fax this in advance to 703-521-5991.

Information for Allergy Skin Test Appointments

Please be on time. If you arrive late we may not be able to test you due to time constraints.

Allow two or three hours for the appointment. Your doctor determines the number of tests needed according to the history that you give her. After the skin testing is done, you will discuss the results with the doctor.

Wear comfortable clothing. You may need to take off your top, so do not wear one piece clothing.

Stop any medications containing antihistamines prior to skin testing. See the following page for further details.

If you are seeing the allergist for a **rash, hives or swelling**, please **DO NOT STOP ANTIHISTAMINES** prior to your appointment. Please take a picture of the condition (if possible) and bring it with you to the appointment.

Office Policies

Payments: For your convenience, we accept cash, checks, Visa, MasterCard, American Express and Discover. You will be expected to pay any applicable co-payments and/or deductibles at the time of service.

Appointment Cancellation Policy: This appointment time has been specially reserved for you. If you are unable to keep your appointment, kindly let us know **at least 24 hours in advance** so we can make the slot available to someone else. Failure to do so will result in a cancellation fee/no show fee.

Food: Out of courtesy to our patients who have food allergies, please do not bring food on the day of your visit unless specifically instructed by a PMA staff member.

Perfumes and Colognes: Many of our patients are extremely sensitive to odors. Out of consideration for these patients, please do not wear perfumes, colognes, or scented lotions while in the office.

Information on Allergy Testing

The most reliable and common test for allergies is a skin test. This simple, in office procedure is done for specific allergen(s) that are selected by the allergist based on your medical history (such as pollen, dust mite, animal dander, mold and/or foods). The allergen is introduced through an indentation or "prick" on the surface of the skin. Following the skin prick testing, some patients may also receive intradermal skin testing, where a small amount of the allergen is injected under the skin of the arm.

For both types of testing, results are available within minutes, allowing your allergist to develop a treatment plan immediately.

Allergy skin testing is the most accurate method of evaluating allergies. These tests are safe, minimally invasive, and easily interpreted. Results of skin testing have proven to be more accurate than blood testing in diagnosing allergies.

For children, the American Academy of Pediatrics does not consider age as a barrier to skin testing. The appropriate age to test depends on the individual child and their symptoms. Speak to your allergist to determine the proper age for testing your child. It is often recommended to retest a child as they mature.

Stopping medications prior to allergy skin testing

Patients scheduled for allergy skin testing must stop taking any medications that contain antihistamines, as they will affect the results of your test. This includes both over-the-counter as well as prescription medications. Do not discontinue antidepressants/psychotropic medications or any other medications without consulting with your prescribing physician. Call your pharmacy or prescribing physician if you are unsure about the names of your medications. **Asthma medications do not affect skin testing. Do not stop your asthma medications.** ****NOTE:** If you are seeing the allergist for a **rash, hives or swelling**, please do NOT stop antihistamines prior to your appointment.**

The following is a list of antihistamine medications that must be stopped **seven (7) days before** skin testing:

Cetirizine	(Zyrtec, Zyrtec-D)
Desloratadine	(Clarinet, Clarinet-D)
Fexofenadine	(Allegra, Allegra-D)
Levocetirizine	(Xyzal)
Loratadine	(Alavert, Claritin)
Acrivastine	(Semprex-D)
Brompheniramine	(Bromfed, Children's Dimetapp)
Chlorpheniramine	(Children's Dimetapp, Children's Robitussin, Chlor-Trimeton, Tussionex, Vick's Children's Nyquil, Rondec, Sudafed PE Sinus and Allergy, Advil Allergy)
Clemastine	(Tavist Allergy)
Cyproheptadine	(Periactin)
Dimenhydrinate	(Dramamine for kids)
Doxylamine	(Robitussin Nighttime DM, Vicks NyQuil)
Hydroxyzine	(Atarax, Vistaril)
Meclizine	(Antivert, Bonine, Dramamine)
Promethazine	(Phenergan)

****There are multiple prescription and non-prescription combination medications that contain antihistamine and may not be listed here. Please check ingredients of all medications that you take and consult your pharmacist if needed.**

The following is a list of medications that must be stopped **two (2) days before** skin testing:

Azelastine Nasal Spray	(Astepro, Astelin)
Olopatadine Nasal Spray	(Patanase)
Dymista Nasal Spray	
All allergy eye drops	
Cimetidine	(Tagamet)
Famotidine	(Pepcid)
Nizatidine	(Axid)
Ranitidine	(Zantac)
Diphenhydramine	(Benadryl, Tylenol PM, Advil PM, Excedrin PM)

The following is a list of medications that must be stopped **fourteen (14) days before** skin testing:

Amitriptyline	(Elavil, Limbitrol)
Clomipramine	(Anafanil)
Doxepin	(Sinequan)
Imipramine	(Tofranil)