

Dear _____,

Welcome to Minor and James Medical. Thank you for choosing us for your medical needs. The following is your appointment information with Dr. Peng:

Your appointment date is: _____

Your appointment time is: _____

Your appointment location is: _____

Please be sure to check in **30 minutes** early or you may run the risk of being rescheduled.

This registration packet contains information necessary to establish you as a patient. It is very important that this be completed *PRIOR* to coming in for your visit and given to the reception staff at the time of check in.

- _____ Complete and bring the enclosed questionnaire(s) to the appointment.
- _____ Complete and bring in the Authorization to Leave Personal Health Information sheet.
- _____ Complete and bring in the Minor Consent for Care form.
- _____ Bring your Insurance Card, required co-pay and photo ID.
- _____ Bring a list of your medications or your medication bottles to the appointment.
- _____ Bring this form signed and dated with you at the time of the appointment.

Allergy testing may be done as part of your evaluation:

SKIN PRICK TESTING

Skin prick testing for allergies is generally done on the patient's back, but may be done on the arm under special circumstances. The skin on the back or arm is first wiped down with alcohol. Next, the nurse uses a marker to write down where he or she will place the allergens. The allergen is placed onto the skin using a plastic device. After 15 to 20 minutes, the reactions on the patient's back are measured and compared to saline (salt water, to see how the patient reacts to just the "prick") and histamine (to make sure the patient hasn't accidentally taken an antihistamine and to see how reactive they are). A positive response will be a red, raised itchy hive on the site of testing. These reactions will gradually disappear over 30-60 minutes, and typically, no treatment is necessary. Prick testing generally causes minimal discomfort. Serious reactions are extremely rare although occasionally patients may have a more prolonged spot at the site of strong responses

Medications you need to stop before testing:

If stopping these would significantly worsen your health, then do not do so.

(Antihistamines and certain drugs with similar effects interfere with skin testing and make the test inaccurate.)

- ✘ **No over-the-counter antihistamines for 5 days prior** to the scheduled skin testing. These include cold tablets, sinus tablets, hay fever medications, oral treatments for itchy skin, and over-the-counter sleeping medicines. Examples include Actifed, Alavert, Allegra, Alka-Seltzer Plus Products, Bayer PM, Benadryl, Claritin, Comtrex, Contac brand products, Dimetapp, Dristan, Drixoral, Midol Menstrual Pain & Multi-Symptom Menstrual Relief, Nyquil, Robitussin--Cold Night Time Liquigels & CF, Rondec, Somnex, Tavist, Trinalin, Tylenol-- Multi-Symptom Formula Tylenol Cold, Maximum Strength Tylenol Flu Night Time Medicine, Tylenol PM, Tylenol Severe Allergy, Maximum Strength Tylenol Allergy Sinus Night Time, Maximum Strength Tylenol Allergy Sinus; Theraflu; Unisom Products, Zyrtec, Zaditor eye drops (ketotifen). The list is by no means complete or comprehensive. If you are taking something that is not listed below and are unsure if it contains an antihistamine, contact your pharmacist or doctor.
- ✘ **No prescription antihistamines for 5 days prior** to the scheduled skin testing such as AlleRx, AlleRx-D, Astelin Nasal Spray, Patanase Nasal spray, Clarinex, Histussin HC, Pherergan (promethazine), Xyzal, Patanol/Pataday eye drops
- ✘ If you are on amitriptyline (Elavil), Doxepin (Sinequan), imipramine (Tofranil), Remeron, or meclizine (Antivert), you will need to stop using it for **2 weeks prior** to skin testing. However, please consult with the doctor who prescribed the medication before you stop taking it.
- ✘ Please let the medical staff know if you are taking a beta blocker, such as Inderal, Lopressor, Tenormin. These drugs are used to treat high blood pressure, irregular heartbeats, heart failure, coronary artery disease, tremor and glaucoma. **Ideally** we would like you to stop your beta-blocker the day before the test and the day of the test. However, patients should not stop their beta-blocker therapy **without consulting their physician or the doctor who prescribed the medication.**
- ✘ **Avoid** application of any medicated ointment on your back or upper arms.

Medications you may continue using:

- **Continue** intranasal sprays such as Atrovent, Beconase, Flonase (fluticasone), Nasacort, Nasalide, Nasarel, Nasonex, or Rhinocort. **BUT** stop Astelin as discussed above.
 - **Continue** asthma medications (Albuterol, Advair, Aerobid, Alupent, Atrovent, Asmacort, Brethaire, Flovent, Foradil, Intal, Maxair, Pulmincort, QVAR, Serevent, Tilade, Symbicort), oral theophylline (Uniphyll, Theo-24), and Singulair (Montelukast)
- Fasting is not necessary.
 - Please avoid sunburns for one week before testing.
 - Bring a list of all medications you are taking.

We ask that you do not bring small children with you when you are scheduled for skin testing unless they are accompanied by another adult who can sit with them in the reception area. Anyone **17 years of age or younger** must be accompanied by a parent or legal guardian during the entire procedure. If for any reason you must change your skin test appointment, **please give us at least 72 hours notice.**