

Welcome To Our Practice

Our Practice is dedicated to the improvement of health through education, primary prevention and scientifically proven therapeutic interventions. Our health service goals are to deliver high-quality, cost-effective and individualized care plans that promote the health and well-being of the patients we serve.

To expedite your first visit, please complete all online registration forms prior to your scheduled appointment. All new patient forms can be found on our website by clicking the following link <http://dentonallergy.com/patientforms.html>. Please click the yellow “Patient Portal” button found on our website www.DentonAllergy.com within the “Patient Forms” tab. You should complete all 3 forms, including **(1) New Patient Medical History**, **(2) New Patient Registration** and **(3) Acknowledgment & Authorization** forms. To access the patient portal, you should have received a temporary **Password** via email or alternatively, a **Registration Token**, when you called our office to pre-register for an appointment. If you do not have this information, please call our office at (940) 565-5900 and one of our friendly receptionists will be happy to assist you. If our website is down, please use <https://dentonallergy.myezyaccess.com> to access these forms. If you prefer to complete these forms on paper upon your arrival.....then plan to arrive at least **30 minutes** early to complete this process.

In order to help you make the most of your first appointment, we would like to take this opportunity to make several requests:

1. **All drugs containing an antihistamine must be stopped before your appointment in case the doctor recommends skin testing during your first visit.** Antihistamines are drugs that block the effects of histamine and are widely used to treat allergies and other ailments. These drugs can cause misleading test results (false negative results) if used prior to skin testing. Examples of antihistamines include: Allegra, Claritin, Zyrtec, Benadryl and many over-the-counter products that treat colds, flu, allergies and insomnia. Please refer to the list of histamine-blocking drugs on the next page with special attention to the number of days the drug should be discontinued prior to undergoing skin testing. In general, antihistamines should be discontinued 5 days before skin testing.
2. Some medications used to treat **DEPRESSION, ANXIETY, and INSOMNIA** may also interfere with your skin test results. If you are unsure whether a particular medication or product contains an antihistamine or other interfering substance, please contact our office for clarification and further instructions at **(940) 565-5900**. Never stop your depression or anxiety medicine without first consulting a physician.
3. If you are taking montelukast (Singulair) or inhaled asthma medications then you should **continue taking them as previously directed**. They will not affect your skin test results.
4. Please bring all medications that you are currently using to your first appointment, including all over-the-counter and other nutritional/herbal supplements.
5. Bring any medical records to your appointment that may be important. We recommend the following be brought to your appointment: sinus or chest x-ray films or reports, sinus or chest CT scan films or reports, laboratory results, any previous allergy testing or lung function tests (i.e. spirometry).

Please budget between **2-3 hours** for your initial appointment, especially if undergoing an evaluation for nasal allergies and/or asthma. Thank you for allowing us an opportunity to improve your health.

Medications That Can Block Skin Test Results

[If taking, **STOP** these drugs prior to skin testing]

Antihistamines		
Generic Name	Brand Name(s)	Stop Drug
alcaftadine	Lastacraft eye drops	24 hours
azelastine	Dymista, AstePro and Astelin nasal sprays, Optivar eye drops	24 hours
azatadine	Optimine	7 days
bepotastine	Bepreve eye drops	24 hours
brompheniramine	Bromphen, Bromphed PD and many others	3 days
carbinoxamine	Palgic, Palgic-DS, Rondec, Rondec-TR and Andehist-NR	5 days
cetirizine	Zyrtec, Zyrtec-D, Aller-Relief and many others	5 days
chlorpheniramine	Chlor-Trimeton, Chlorphen and many others	3 days
clemastine	Allerhist-1, Contac 12-Hour Allergy and Tavist	7 days
cyproheptadine	Periactin	5 days
desloratadine	Clarinex and Clarinex-D	5 days
dexchlorpheniramine	Polaramine	3 days
diphenhydramine	Benadryl, Actifed Sinus Day, Aler-Dryl, Compoz Nighttime Sleep Aid, Dephedryl, Diphen, Nytol, Tylenol PM, Unisom sleepgels, ZzzQuil and many other cold, flu and sleep remedies	3 days
doxylamine	NyQuil and many others	3 days
fexofenadine	Allegra, Allegra-D, Mucinex Allergy and many others	5 days
hydroxyzine	Vistaril and Atarax	5 days
ketotifen	Zaditor and Zyrtec Allergy eye drops but also many others	24 hours
levocetirizine	Xyzal	5 days
loratadine	Claritin, Alavert, Tavist ND and many others	5 days
olopatadine	Patanase nasal spray, Pataday and Pazeo eye drops	24 hours
tripelennamine	Pyribenzamine	3 days

Other Drugs with Antihistamine Activity

Drug Class	Generic Name	Stop Drug
Anti-Nausea	Antivert (meclizine), Phenergan (promethazine), Compazine (prochlorperazine)	3 days
Antacids	ranitidine* (Zantac AC), famotidine* (Pepcid), cimetidine* (Tagamet), nizatidine* (Axid)	24 hours
Herbal Supplements	licorice, green tea, saw palmetto, St. John's Wort, feverfew	3 days
Psychotropic Medications	Antidepressants: amitriptyline, imipramine, nortriptyline, doxepin, mirtazapine. Antipsychotics: quetiapine, chlorpromazine, haloperidol. Anxiolytics/Hypnotics: clonazepam, diazepam, lorazepam, temazepam, alprazolam, bupropion*, trazodone*, eszopiclone* (Lunesta), zolpidem* (Ambien).	discuss with your doctor

*showed minimal interference with immediate hypersensitivity skin test histamine response