



Allergy & Asthma Clinic of Maryland

8630 Fenton St, Ste 522, Silver Spring, MD 20910

Phone: (240) 531-2902 Fax: (240) 847-7061

Welcome to Allergy & Asthma Clinic of Maryland!

Thank you for giving us the opportunity to care for your allergy, asthma, and immunology needs.

At your initial visit, please allow 1 ½ - 2 hours. This allots for sufficient time to discuss your symptoms with the provider, perform diagnostic testing, and identify the plan of care that best meets your needs. Most patients can expect to have skin testing performed at the initial visit. For this reason, we ask that you **AVOID ALL ANTIHISTAMINE MEDICATIONS** prior to testing.

Please see below for detailed instructions on medications to avoid.

Also, please refrain from wearing perfume, cologne, or other strong scents on the day of your appointment, as several of our patients are very sensitive to odors.

To ensure that you are prepared for your upcoming appointment, please prepare by gathering the following items to take with you to your appointment:

- Registration and Questionnaire that accompany this letter.
- Notes from other healthcare providers pertaining to your visit.
- Lab results, X-rays, CT scans, or other diagnostic records pertaining to your visit.
- Previous allergy skin testing and/or allergy injection records.
- Any diary or symptom tracker that pertains to your symptoms.
- A **COMPLETE** list of medications and supplements with dosage and frequency noted.
- Previous Pulmonary Function Test results, if available.
- If necessary, the approved authorization from your insurance carrier.

Allergy & Asthma Clinic of Maryland recommends contacting your insurance company prior to your appointment to ensure allergy services are a covered benefit under your plan, and to make sure any necessary authorizations are obtained. Our staff will gladly answer questions regarding insurance coverage; however, it is ultimately your responsibility to verify this information with your insurance carrier.

If you have any questions regarding your upcoming appointment, please contact our office. Allergy & Asthma Clinic of Maryland is committed to providing quality medical care to all of our patients. We are honored that you have given our office the opportunity to participate in your healthcare needs.

Respectfully,

Vasif C. Kalfa MD



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Medications to STOP prior to your appointment

Please do not use ANY inhalers or nebulized medications 12 hours before your scheduled new patient appointment.

Please stop ALL oral antihistamines for 7 days before your appointment.

The drugs listed below are *examples*, this is not a complete list:

Zyrtec (cetirizine)	Claritin (loratadine)
Alavert (loratadine)	Allegra (fexofenadine)
Clarinex (desloratadine)	Xyzal (levocetirizine)
Actifed, Dimetapp (brompheniramine)	Atarax, Vistaril (hydroxyzine)
Benadryl (diphenhydramine)	Chlortrimeton (chlorpheniramine)
Phenergan (promethazine)	Tavist®, Antihist (clemastine)
Actifed, Aller-Chlor, Bromfed, Drixoral, Dura-tab, Novafed-A, Ornade, Poly-Histine-D, Trinalin (Combination medicines)	
Over-the-counter cold or allergy remedies	
Over-the-counter and prescription cough syrups	

Please stop ALL nasal antihistamines for 3 days before your appointment.

The drugs listed below are *examples*, but this is not a complete list:

Astelin (azelastine), Patanase, Dymista, Astepro

Please stop ALL ocular antihistamines for 3 days before your appointment.

The drugs listed below are *examples*, but this is not a complete list:

Patanol, Pataday, Optivar, Azelastine, Bepreve, Zaditor

Please do not take any H2 blockers (acid-reducing medications) that are listed below the morning of your appointment:

Tagamet (cimetadine), Zantac (ranitidine), Pepcid (famotidine), Axid (nizatidine)

Medications to CONTINUE to take prior to your appointment:

Singulair (montelukast sodium)

Oral and intranasal decongestants including pseudoephedrine and phenylephrine.

Guaifenesin

Antibiotics

Steroids (oral and intranasal), including Solumedrol and Prednisone.

Melatonin

Nasal steroids (Nasonex, Nasocort, Rhinocort, Flonase, etc.)

PLEASE CONTACT OUR OFFICE PRIOR TO YOUR APPOINTMENT WITH QUESTIONS ABOUT MEDICATIONS YOU MAY BE TAKING.