

Welcome To Our Practice

Lone Star Allergy & Asthma Center is dedicated to the improvement of health through education, primary prevention, and scientifically proven therapeutic interventions. Our health service goals are to deliver thorough, 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 the pre-registration forms prior to your scheduled appointment. If you prefer to fill-out the pre-registration forms upon your arrival.....then plan to arrive at least 20 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 5 days 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 partially block allergic reactions and can cause misleading test results (false negative results). Examples of antihistamines include: Allegra, Claritin, Zyrtec, Benadryl, Pepcid, Zantac, Tavist, Triminic, and most over-the-counter products that treat or have “Cold,” “Flu,” “Allergy”, “Sleep” and/or “PM” on their product label. Please refer to the list of antihistamine drugs on the next page.
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. Please Note: if skin testing is recommended by your physician on a day when you have not held your antihistamines or other interfering substances, then you may be asked to schedule an additional appointment for skin testing purposes after these substances have been held for an appropriate period of time.
3. If you are taking **Singular** 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 For:
Azelastine	Astelin and AstePro nasal spray, Optivar eye drops	24 hours
Azatadine	Optimine	7 days
Brompheniramine	Bromphen and Bromphed PD	3 days
Carbinoxamine	Palgic, Palgic-DS, Rondec, Rondec-TR and Andehist-NR	5 days
Cetirizine	Zyrtec, Zyrtec-D and Aller-Relief	5 days
Chlorpheniramine	Aller-Chlor, C.P.M., Chlor-Amine, Chlor-Al Relief, Chlor-Mal, Chlor-Phenit, Chlor-Trimeton, Chlorphen, Effidac-24 and Ridraman.	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, Allernix, Aler-Dryl, Banophren, Calm-Aid, Compoz Nighttime Sleep Aid, Dephedryl, Diphen, Dytan, Genahist, Hydramine, Nu-Med, Nytol, Scot-Tussin Allergy Relief formula, Sominex, Twilite, Tylenol PM, Unisom sleepgels and many other cold, flu and sleep remedies.	3 days
Fexofenadine	Allegra and Allegra-D	5 days
Hydroxyzine	Vistaril, Atarax and Rezone	5 days
Ketotifen	Zaditor eye drops	24 hours
Levocetirizine	Xyzal	5 days
Loratadine	Claritin, Alavert and Tavist ND	5 days
Olopatadine	Patanase nasal spray and Pataday eye drops	24 hours
Tripeleminamine	PBZ and PBZ-SR	3 days
Other Drugs		
Drug Class	Brand Name (Generic Name)	Stop Drug For:
Anti-Nausea	Antivert (meclizine), Phenergan (promethazine) and Compazine (prochlorperazine).	3 days
Antacid	Zantac (ranitidine), Pepcid (famotidine), Tagamet (cimetidine) and Axid (nizatidine).	1 day
Herbal Supplement	Licorice, Green Tea, Saw Palmetto, St. John's Wort and Feverfew.	3 days

