

## Preparing for Your Allergy Clinic Visit

Welcome to the UW Health Allergy Clinic. Your first visit to the Allergy Clinic may take up to three hours. This *Health Facts for You* will tell you how to prepare for your visit.

### 7 Days Before Your Visit

During your upcoming visit, we may decide to perform allergy testing. To make sure we get the most accurate test results, please stop taking the antihistamines listed below.

- Allegra/Allegra D (fexofenadine)
- Atarax (Hydroxyzine)
- Chlorpheniramine
- Clarinex (desloratadine)
- Claritin (loratadine)
- Cold medicines that contain antihistamines
- Levocetirizine (Xyzal)
- Zyrtec (Cetirizine)

If you have hives, you **do not** need to stop taking antihistamines.

### 2 Days Before Your Visit

Stop taking the antihistamines listed below.

- Actifed and Benadryl (diphenhydramine)

### Other Medicines

**Do not** stop taking any asthma, blood pressure or heart medicines.

### Day of Your Visit

- The day of your visit, please avoid products with:
  - Peanuts and/or other tree nuts
  - Perfumes
  - Scented lotion
- Try to arrive 15 minutes before your scheduled visit.

- Bring a list of your medicines or your medicine bottles and your current insurance card.

**Please fill out the Allergy questionnaire that you received in your welcome packet. Bring it with you to your visit.**

### How to Schedule Your Visit

Please call the clinic to schedule your visit. Call us at least 24 hours before your scheduled visit if you need to cancel. If you are late, we may ask you to reschedule.

### Lab Work/Tests

If you have any lab work done, you will receive your results within 14 days unless your doctor tells you otherwise. If you have not received your test results after two weeks, please call the Allergy Clinic.

### When to Call

If you have questions or concerns about which medicines you should stop taking before your visit, please call the office.

### Who to Call

UW Health Allergy  
Monday-Thursday, 8 am-5 pm  
Friday, 8 am-4 pm  
**(608) 287-2600** - 20 S. Park Allergy  
**(608) 263-6180** - West Clinic Allergy  
**(608) 265-1280** - East Clinic Allergy

After hours your call will be sent to the answering service. They will contact the allergy provider on call.

**For emergencies, call 911.**