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 handout 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/Claritin D (loratadine)
- Xyzal (Levocetirizine)
- Zyrtec/Zyrtec D (Cetirizine)
- Cold medicines that contain antihistamines

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 clinic.

Please refer to your welcome packet. It has contact information for the clinic you are scheduled at.

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

For emergencies, call 911.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8222.