



***Los Alamos Medical Care Clinic, Ltd.***  
***Allergy/Immunology, Dermatology, Rheumatology, Internal Medicine,***  
***& Family Practice***

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To Whom It May Concern:

We have you scheduled on \_\_\_\_\_ at \_\_\_\_\_. Here are some instructions so that you can prepare for your appointment. Please do not take antihistamine for 3 days (72 hours) before allergy testing. This includes medicines taken for allergies such as:

Loratadine (Claritin, Alavert)  
Desloratadine (Clarinex)  
Fexofenadine (Allegra)  
Cetirizine (Zyrtec) (lasts up to 7 days)  
Levocetirizine (Xyzal)  
Diphenhydramine (Benedryl)  
Chlorpheniramine (Chlortrimeton, and many cold and allergy medicines)  
Other Pheniramines (Dimetapp, Drixoral)

You may continue to take asthma medications (Singulair, Accolate, Zflo) and your inhalers (Albuterol, Combivent, Ventolin, etc.) and nose sprays. Do not stop cortisone products (Prednisone, steroid inhalers, Advair, Asmanex, Pulmicort, etc.)

IN ORDER TO ENABLE US TO ACCOMMODATE OTHERS, WE ASK THAT YOU CANCEL YOUR APPOINTMENT AT LEAST 24 HOURS PRIOR TO THE APPOINTED TIME. THERE WILL BE A \$50.00 CHARGE IF YOU FAIL TO KEEP YOUR APPOINTMENT WITHOUT NOTIFICATION.