

Dear _____

An appointment has been made on _____ at _____ am/pm

For an Intradermal skin test

Midtown Medical Plaza (Baptist) office or Franklin office

In order to evaluate the allergy test accurately, certain medications should **not** be taken prior to the test:

- No antihistamines (Benadryl, Claritin, Clarinex, Allegra, Zyrtec, Xyzal, etc.) for 7 days
- No over-the-counter allergy or cold medicines _____ for 5 days
- No Astelin, Astepro, Patanase _____ for 4 days
- No steroids or steroid injections _____ for 1 month
- No over the counter sleep medications (nothing "PM") _____ for 5 days
- No prescription sleep medications (Ambien, Lunesta) _____ for 2 days
- No stomach ulcer or GERD medicines (Pepcid, Zantac) _____ for 2 days
- No eye drops (Zaditor, Pataday) _____ for 4 days
- No Singulair/ montelukast _____ 24 hours
- No ADHD medication (OK to bring with you to test) _____ 24 hours
- No beta blockers (atenolol, metoprolol, etc) _____ for 2 days

****Please be sure to contact your supervising physician before stopping beta blocker
 No tricyclic antidepressant (TCA) (amitriptyline, Elavil) _____ *for 2 days
 ****Please do not abruptly stop TCAs, call our office or prescriber prior to stopping

Please let us know if you take anything else for depression or anxiety as some will need to be help prior to testing.

If you are running a fever or have an asthma exacerbation, testing should be delayed. Please call 340-4000 ext. 209 to reschedule your appointment.

If there is any reason you cannot keep your appointment, please notify our office at least 7 days in advance.

Make sure you eat breakfast before coming for a morning appointment or lunch for an afternoon appointment.

Please wear comfortable apparel for the test. It is best to wear a short sleeve or sleeveless shirt.

Testing takes about 1.5 hours. This test should be completed in one session.

It is OK to take the following prior to testing: Mucinex, Sudafed, Afrin, Advil, Tylenol, Tums

Thank you,

OAT Allergy Department

- Jerrall P. Crook, Jr., M.D.**
- Mark A. Deaton, M.D.**
- Christopher A. Mantle, M.D.**
- Robert Owen, M.D.**
- Daniel N. Sacks, M.D.**
- Daniel D. Viner, M.D.**
- Charles T. Wright, M.D.**
- Ellen West, F.N.P. -BC**
- Anna Sweeney, F.N.P. -BC**
- Haley Markham F.N.P-B.C**

Baptist Office

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2004 Hayes Street
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Centennial Office

2410 Patterson Street
Suite 210
Nashville, TN 37203

Williamson Office

4601 Carothers Parkway
Suite 215
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