

Before your first appointment with Dr. Davidson,

1. Please double check the location—we are only at 2100 Webster Street (Pacific Heights) on Friday mornings from 9:00 am to 12:30 pm.
2. If your insurance requires a referral, please bring it or have it sent to the office on the day of your visit; health plans will not approve your visit without the referral.
3. Set aside time—first visits, *with testing*, require roughly 90-120 minutes.
4. Please wear a shirt or sweater that can be easily removed for allergy testing.
5. If your hair reaches your shoulders, please wear it up on your head, or style it to be easily tied-up during your visit.
6. If you are taking any medications (including “over the counter”), please check their compatibility with allergy skin testing below:
 - Skin testing requires being off antihistamine pills to prevent false negative results. See **Table 1**. (reverse)
 - “Beta-blocker” pills and “beta-blocker” glaucoma eye drops make allergy skin testing dangerous. Before stopping these, check with your prescribing doctor. See **Table 2**. (reverse)
 - Some antidepressants have antihistamine effects. A few (the MAO-inhibitors) make allergy skin testing dangerous. See **Table 3**. (reverse)
 - Continue any nasal sprays (even for allergy, such as Flonase, Astelin, etc.), asthma inhalers, and topical creams. They are NOT a problem.
7. Kindly bring a list of your medications, inhalers, eye drops and creams to the office on the day of your visit.
8. If you need to cancel or reschedule your appointment, remember to call us 24 hours in advance. We will charge your credit card a “No Show” fee of \$100.

NOTE: Please consult your prescribing doctor before stopping Beta-blocker medications or MAO-inhibitor antidepressant medications. You must ensure it is safe to stop them for several days. STOPPING THESE WITHOUT SUPERVISION CAN RESULT IN SERIOUS ILLNESS OR EVEN DEATH.

See below for Tables 1, 2 and 3.
Thank you!

Table 1. Antihistamines (usually found in allergy or cold medications and some sleep-aids).

Brand Names ®	Generic Name	Minimum Time Off
Actifed	Triprolidine/ Pseudoephedrine	3 days
Allegra/Allegra-D	Fexofenadine	5 days
Allerest	Chlorpheniramine	3 days
Atarax, Vistaril	Hydroxyzine	3 days
Benadryl	Diphenhydramine	3 days
Chlortrimeton	Chlorpheniramine	3 days
Claritin/Claritin-D	Loratadine	4 days
Clarinx	Desloratadine	4 days
Dimetapp	Brompheniramine	3 days
Dramamine	Dimenhydrinate	3 days
Drixoral	Dexbrompheniramine	3 days
Extendryl	Chlorpheniramine	3 days
Sominex	Diphenhydramine	3 days
Tavist	Clemastine	3 days
Xyzal	Levocetirizine	4 days
Zyrtec/Zyrtec-D	Cetirizine	4 days
OTC products with a drowsiness warning like Tylenol PM, Tylenol/Advil Cold, Allergy, etc., Nyquil, Alka-Seltzer Cold or Allergy: Check ingredients	Chlorpheniramine or Diphenhydramine or Doxylamine and others	3 days
Unisom	Diphenhydramine	3 days

Table 2. Beta-blocker pills OR Beta-blocker (Glaucoma) eye drops: For high blood pressure, angina, arrhythmia, migraines, tremor, stage fright and other conditions. These **MUST** be stopped as they may cause a dangerous reaction. **There are many other examples so please check with us or your prescribing doctor.**

Brand Names ®—Partial List	Generic Name—Partial List	Minimum Time Off
Betapace	Sotalol	3 days
Coreg	Carvedilol	3 days
Corgard, Corzide	Nadolol	3 days
Inderal, Inderide	Propranolol	3 days
Lopressor, Toprol & Others	Metoprolol	3 days
Normodyne, Trandate	Labetalol	3 days
Sectral	Acebutolol	3 days
Tenormin, Tenoretic	Atenolol	3 days
Timolide	Timolol oral	3 days
Timoptic, Cosopt, Betoptic	Timolol (eye drops)	3 days
Ziac	Bisoprolol	3 days

Table 3. Certain antidepressants and muscle relaxants can interfere with testing. Note: Most new “SSRIs” such as Prozac, Zoloft, Paxil, Celexa and Effexor are **NOT** a problem. Wellbutrin is also **NOT** a problem.

Brand Names ®	Generic Name	Minimum Time Off
Flexeril	Cyclobenzaprine	3 days
Desyrel	Trazodone	3 days
Elavil	Amitriptyline	3 days
Pamelor	Nortriptyline	3 days
Remeron	Mirtazapine	3 days
Sinequan	Doxepin	3 days
Tofranil	Imipramine	3 days
Marplan	Isocarboxazid	14 days for MAO-inhibitors! Testing would be dangerous, so please notify office if taking any of these drugs! Many other MAO Inhibitors exist so ask us or your prescribing doctor if you're not sure!
Nardil	Phenelzine	
Parnate	Tranylcypromine	