

**BRANFORD PEDIATRICS & ALLERGY, P.C.**

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**Welcome to our practice!**

**ALL ANTIHISTAMINE MEDICATIONS MUST BE STOPPED 5 DAYS  
BEFORE ALLERGY TESTING!!**

**(ie. Zyrtec, Claritin, Allegra, Xyzal, cetirizine, fexofenadine, loratadine,  
levocetirizine, Benadryl, Atarax, diphenhydramine, hydroxyzine, and Dymista)**

**THERE IS NO NEED TO DISCONTINUE ANY OTHER MEDICATION—**

**DO NOT DISCONTINUE YOUR ASTHMA MEDICATIONS!!**

**If you think your child will have difficulty being off antihistamines  
for this period of time, please call us—we can help you with alternatives.**

The testing appointment will take 1 to 2 hours.

It will involve history, testing, evaluation and education.

Allergy testing is done with "multitest" technology. Preloaded plastic units, which are pressed against the skin, cause a pricking sensation, with no bleeding or significant pain. This takes about 15 seconds.

(Young children are frequently less fearful if given this information at the time of the visit, and not before.)

We work as a team at your visit—if it is important to you to see one of us in particular, we welcome the request.

**PLEASE BRING THE FOLLOWING:**

1. **MEDICATIONS** YOUR CHILD USES FOR ALLERGIES AND ASTHMA (including inhaler & spacer)
2. The enclosed **PAPERWORK**, filled out in advance. PLEASE BE THOROUGH!
3. Any **REFERRAL** mandated by your insurance company
4. Your **INSURANCE CARD**
5. **RECORDS FROM PRIOR ALLERGISTS**, ESPECIALLY TESTING RESULTS, AND X-RAY RESULTS.

If you have any questions about the cost of the testing, please feel free to call our office.