

Click The Link Below:

New Patient Questionnaire Form

DRIVING DIRECTIONS

From Harrisburg

83 South to exit 14 (old exit 4)

Turn right at traffic light

Go through next set of traffic lights

We are on the left at the next intersection

From Baltimore

83 North to exit 14 (old exit 4)

Turn left at traffic light

Go through 2 sets of traffic lights

We are on the left at the next intersection

From York Hospital

Take South George Street to

Leader Heights Road and turn left at traffic light

Turn right at next intersection

We are on the corner

From Red Lion

Take 74 towards York

Turn left onto Leader Heights Road

Go through 5 sets of traffic lights

We are on the left at the next intersection

PATIENT INSTRUCTIONS FOR SKIN TESTING

Your New Patient appointment will consist of a consultation with the provider, physical exam, and possible diagnostic testing (this may include spirometry, and/or skin testing). Please allow approximately 2 hours for the entire appointment.

Skin testing is a method of testing for allergic antibodies that consists of introducing a small amount of allergen serum into the skin and noting if there is a positive reaction (a red, itchy hive). The results are read 15 minutes after the application of the allergen. Some people will require a 2nd level of testing, which involves a small injection under the skin.

You will be tested with allergens based on your medical history. These may include regional pollens, dust mites, pet dander, molds, and possibly foods. Skin testing generally takes between 30 to 60 min.

To prepare for skin testing, you will need to avoid taking antihistamines 5 days prior to testing. You will also need to avoid medications that have antihistamines in them, such as cold medications, and sleep aids. There are also a number of non-antihistamine medications that can interfere with skin testing results. Please review the list below and stop taking the meds as indicated. Please do not stop taking any inhalers!

If you have any questions about the medications you are on, and whether you should stop taking them prior to skin testing, please ask us (717-747-5777). Please be aware, this is not a 100% complete list, but a guideline.

****Before testing, please let us know if you are pregnant, ill/have fever, or taking a Beta Blocker.**

****Please wear a short sleeved shirt, or a shirt with loose-fitting sleeves for possible skin testing.**

Medications To Avoid Prior to Allergy Testing

(to stop at least 5 days prior unless otherwise noted)

***Stop ANY over-the-counter meds that say "COLD", "SINUS", "ALLERGY", "P.M." ***

Benzodiazepines - DO NOT STOP UNLESS OKAY WITH DR WHO PRESCRIBED THESE (7 DAYS)

alprazolam (Xanax, Nirvam)	chlordiazepoxide (Librium)	clonazepam (Klonopin)
clorazepate (Tranxene)	diazepam (Valium)	estazolam (Prosom)
flurazepam (Dalmane)	lorazepam (Ativan)	midazolam (Versed)
oxazepam (Serax)	temazepam (Restoril)	triazolam (Halcion)

Atypical Antidepressants / Sedatives - DO NOT STOP UNLESS OKAY WITH DR WHO PRESCRIBED THESE (5 DAYS)

bupropion (Wellbutrin)	eszopiclone (Lunesta)	mirtazapine (Remeron) 7 days
quetiapine (Seroquel) 7days	trazodone (Deryrel)	zolpidem (Ambien)

Tricyclic Antidepressants - DO NOT STOP UNLESS OKAY WITH DR WHO PRESCRIBED THESE (7-14 days)

amitriptyline (Elavil)	amoxapine (Asendin)	clomipramine (Anaframil)
desipramine (Norpramin)	doxepin (Sinequan)	imipramine (Tofranil)
nortriptyline (Pamelor, Aventyl)	protriptyline (Vivactil)	trimipramine (Surmontil)

Antihistamines - 1st Generation (some of these can be found in OTC COLD, FLU, COUGH, or SLEEP medications)

bromphenarimine	chlorpheniramine (Teldrin)	clemastine (Tavist)
cyproheptadine (Periactin)	dexchlorpheniramine (Polaramine)	diphenhydramine (Benadryl)
dimenhydrinate (Dramamine)	hydroxyzine (Atarax, Vistaril)	ketotifen (Zatiden)
meclizine (Antivert)	methdilazine (Tacaryl)	phenindamine (Nolahist)
promethazine (Phenergan)	pyrilamine (Nisaval)	triprolidine (Myidyl, Zymine)

Antihistamines - 2nd Generation

cetirizine (Zyrtec)	desloratidine (Clarinx)	fexofenadine (Allegra)
levocetirizine (Xyzal)	loratadine (Alavert, Claritin)	

Eye Drops and Nasal Sprays that Contain Antihistamines

ketotifen (Alaway, Zaditor)	azelastine- nasal (Astelin, Astepro)	azelastine- eye (Optivar)
azelastine/fluticasone (Dymista)	Lastacaft	olopatadine- nasal (Patanase)
olopatadine- eye (Patanol, Pataday, Pazeo)		