

INSTRUCTIONS FOR YOUR CONSULTATION WITH THE ALLERGIST



www.allerg.qc.ca

Your doctor has referred you to an allergist. An allergist is a doctor who is specialized in the diagnosis and treatment of allergies (e.g.: allergies to foods, venomous insects, medications, asthma, allergic rhinitis, atopic eczema...) and the immune system. Please bring your consultation request with you to your appointment.



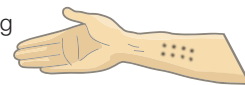
- Please **STOP** any medications that contain **ANTI-HISTAMINES at least 5 days before** the appointment because they can affect the results of your skin tests. Certain disease such as chronic urticaria do not require to do skin testing or if you cannot discontinue anti-histamines; this will be discuss with the allergist.
 - Examples of antihistamines include:

<i>Aerius® (desloratadine)</i>	<i>Claritin® (loratadine)</i>
<i>Atarax® (hydroxyzine)</i>	<i>Reactine® (cetirizine)</i>
<i>Benadryl® (diphenhydramine)</i>	<i>Zaditen® (ketotifen)</i>
 - Any over-the counter liquid or pills for colds that may contain anti-histamines.
 - If you have questions, ask your pharmacist.



• Please DO NOT STOP:

- Asthma medications (Advair®, Alvesco®, Asthmanex®, Bricanyl®, Flovent®, Pulmicort®, Q-var®, Singulair®, Symbicort®, Ventolin®, Zenhale®, etc.)
- Eczema creams (moisturizer, cortisone creams, Elidel®, Protopic®, etc.)
- Nasal sprays (Avamys®, Flonase®, Nasacort®, Nasonex®, Omnaris®, Rhinocort®, etc.)
- Any medications for other medical conditions (unless you know they contain anti-histamines)
- Please ask your pharmacist to provide you with a list of the prescription medications and creams/ointments that you are currently taking. It's not always easy to remember the names and doses of all of your medications.
- Please bring a small sample of all fresh foods (e.g.: fruits, vegetables, legumes, fish, seafood, meats, etc.) that you suspect that you may be allergic to. Your allergist may need to use these for your skin test.
- If the reaction was caused by a prepared food (granola bar, soup, baked good, etc.) please bring a sample of the food and the wrapper/ box / packaging with the complete ingredient list. These help your allergist identify the cause of the reaction.
- If you are coming regarding an allergy to a medication, please bring photos of your rash (if available) and a copy of the doctor's notes when he saw you for the reaction (if available). Please ask your pharmacist(s) for complete records (print-outs) of all medications you were on at the time of the reaction and since.
- If you coming regarding urticaria/hives or an isolated rash of unknown origin; any details on the background will need to be reported like the use in the days leading of a prescribed medication or over the counter (Motrin, Advil, Tylenol, cold syrup, etc.) medication along with the context when it happened (fever, infection, emotional or physical stress, prolong exposition to the sun, contact with plants or acidic foods, etc.).
- Allergy skin testing, if indicated, is done by gently scratching the skin. It causes minimal discomfort, like being lightly scratched by a sewing needle. It is not a blood test or a vaccine and there is usually no bleeding. The skin is lightly scratched with each allergen that needs to be tested and then the reaction is compared to a negative control (saline water) and a positive control (histamine).
- Allergy skin testing is safe. It takes few minutes to do the tests and the results are available 15 minutes later. The tests are very well tolerated, even by babies and children. The anticipation of the test and the need to hold the arm still is often worse than the actual test!
- You can help your child by explaining the process of skin testing to your child beforehand and by bringing familiar things (stuffed animals, blankets, toys, books, videos, etc.) to distract them during the test and keep them entertained in the waiting room.



Your allergist may have different instructions. Please check with their secretary when you make your appointment. Thank you for your attention and collaboration and looking forward to meeting you soon!




Reminders

for allergy appointment



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5 days
before the
appointment



STOP any medications that contain
ANTI-HISTAMINES (anti-itching medications)

- Examples of antihistamines include:

Aerius® (desloratadine)

Atarax® (hydroxyzine)

Benadryl® (diphenhydramine)

Claritin® (loratadine)

Reactine® (cetirizine)

Zaditen® (ketotifen)

- Any over-the counter liquid or pills for colds that may contain anti-histamines.



DO NOT STOP any medications for other
medical conditions (as long as they do not
contain anti-histamines)



Check with your pharmacist if you are not sure
which medications to stop.



The day
of the
appointment

To take with you on the day of the appointment:



The consultation paper from your doctor and your Health Insurance Card



List of your prescription medications and creams/ointments



Small sample of suspected foods and its packaging with ingredient list



Photos of rash and doctor's notes for drug allergies



Comforting objects for kids and things to do while waiting

