

## New Patient Welcome Letter

Dear New Patient:

Welcome to our practice! Thank you for choosing Mid-Cities Allergy & Asthma Center for your allergy and asthma care. Since you are a new patient to us, we would like to introduce ourselves and familiarize you with our practice. Both Dr. Venkatesh and Dr. Wust are board certified in Allergy & Immunology and have been practicing in North Texas since 2003. Our health service goals are to deliver high-quality, cost-effective and individualized care plans that promote the health and well-being of the patients we serve.

We realize you have high expectations from your physicians, and our first and foremost goal is to exceed those expectations. Your initial visit with the Allergists at Mid-Cities Allergy & Asthma Center will involve a detailed consultation with the physician, possible testing, and a tailored treatment plan. This individualized care can result in a new patient appointment lasting **2-3 hours**. When making your new patient appointment, please budget your time accordingly. It is very helpful if you have all your new patient forms completely filled out beforehand. If you prefer to fill out your forms at our office, please arrive 30 minutes prior to your appointment time.

Please bring all medications and supplements that you are currently taking to your initial appointment. Also bring or arrange to have sent any relevant medical records **prior** to your appointment so that our physicians have the time to review them. We recommend the following: sinus or chest x-ray films or reports, sinus or chest CT scan films or reports, laboratory results, any previous allergy testing or lung function tests (i.e. spirometry).

Due to the nature of our practice, we ask that patients refrain from wearing perfume and other fragrances which can irritate sensitive individuals. Our office is a smoke-free environment and smoking is not permitted anywhere in the building or near entryways. Due to our patients with food allergies, no food is permitted in the waiting room or exam rooms. We ask that you please respect these policies in the best interest of all our patients.

With all of the information and education you will undoubtedly receive after your visit at Mid-Cities Allergy & Asthma Center, it is easy to feel overwhelmed. Please feel free to call our office with any questions you may have after your consultation.

Again, thank you for choosing Mid-Cities Allergy & Asthma Center. Drs. Venkatesh and Wust and the staff at Mid-Cities Allergy look forward to a wonderful relationship with you and your family.

Sincerely,  
The Doctors and Staff at  
Mid-Cities Allergy & Asthma Center

# Medications That Can Block Skin Test Results

If using any medication on this list, **STOP 5 days** prior to skin testing  
**Please Note:** Most cough, cold, allergy, flu, and sleep aids will block allergy testing

Generic Name	Brand Name(s)
<b>Oral Antihistamines</b>	
Cetirizine	Zyrtec, Zyrtec-D, Aller-Relief
Desloratadine	Clarinex and Clarinex-D
Fexofenadine	Allegra and Allegra-D
Levocetirizine	Xyzal
Loratadine	Claritin, Alavert, and Tavist ND
Diphenhydramine	Benadryl, Actified Sinus Day, Banophren, Dephedral, Diphen, Dytan, and many others
Hydroxyzine	Vistaril, Atarax, and Rezine
Dexchlorpheniramine	Polaramine
Cyproheptadine	Periactin
Chlorpheniramine	Aller-Chor, C.P.M., Chlor-Amine, Chlor-Al Relief, Chlor-Mal, Chlor-Phenit, <b>Chlor-Trimeton</b> , Chlorphen, Effidac-24, and Ridraman
Clemastine	Allerhist-1, <b>Contac</b> 12-Hour Allergy, <b>Tavist</b>
Carbinoxamine	Palgic, Palgic-DS, Rondec, Rondec-TR, and Andehist-NR, <b>Karbinal ER, RyVent</b>
Brompheniramine	Bromphen and Bromphed PD
Azatadine	Optimine
Doxylamine	<b>Nyquil</b>
<b>Nasal Sprays</b>	
Azelastine	<b>Astelin</b> and <b>Astepro</b> nasal spray
Azelastine/Fluticasone	<b>Dymista</b>
Olopatadine	<b>Patanase</b> nasal spray
<b>Eye Drops</b>	
Alcaftadine	<b>Lastacaft</b>
Azelastine	<b>Optivar</b>
Olopatadine	<b>Pataday, Pazeo, Patanol</b>
Bepotastine	<b>Bepreve</b>
Epinastine	Elestat
Ketotifen	<b>Zaditor, Alaway</b>

Generic Name	Brand Name(s)
<b>Sleep Aids</b>	
Diphenhydramine	Calm-Aid, Compoz Nighttime Sleep Aid, <b>Nytol</b> , Sominex, Twilite, <b>Tylenol PM, Advil Pm, Aleve PM, Unisom</b> sleepgels, <b>Zzzquil</b>
Trazadone	<b>Desyrel, Oleptro</b>
<b>Anti-Nausea (anti-vomiting)</b>	
Meclizine	<b>Antivert</b>
Promethazine	<b>Phenergan</b>
Prochlorperazine	<b>Compazine</b>
<b>Antacids (indigestion)</b>	
Ranitidine	<b>Zantac</b>
Famotidine	<b>Pepcid</b>
Cimetidine	Tagamet
Nizatidine	Axid
<b>Herbal Supplements</b>	
Licorice, Green Tea, Saw Palmetto, <b>St. John's Wort</b> , and Feverfew.	
<b>* Anti-Depressants *</b>	
Amitriptyline	Elavil
Doxepin	Sinequan
Desipramine	Nurpramin
Nortriptyline	Aventyl
Trazadone	Desyrel
Imipramine	Tofranil
Protriptyline	Pamelor or Vivactil
Mirtazapine	Remeron
Nefazadone	Serzone
<b>Clomipramine, Trimipramine, amoxapine, and maprotiline</b>	
<b>* If you have any concerns about stopping your anti-depressant, or other medications on this list, please continue your medications and discuss with the doctor at your appointment.</b>	