Dear Patient,

Thank you for choosing our clinic for your allergy testing. To help us prepare for your first visit, please ask your referring health care provider to send us your medical records before your appointment. If possible, we will do drug allergy testing during your first visit. To help you plan for your appointment, you can expect to be know what to expect , it would help you to know how long your visit may take and if you should avoid any food or medicines before the visit.

Time at clinic

Test/procedure	Time at Clinic
Clinic visit (with no testing)	Less than 1 hour
Skin testing	Less than 1 hour
Skin testing and oral challenge	3 to 4 hours
Single-dose oral challenge	2 hours
Two-dose oral challenge	3 to 4 hours
Aspirin or anti-inflammatory two-dose oral challenge	4 to 5 hours
Desensitization (single day)	4 to 8 hours

Food and medicines to avoid

On the morning of your visit you may eat as you normally would. If we can do drug allergy testing during this visit, it is a good idea to bring extra food and reading materials (or other entertainment) to have while you wait during the test.

Some medicines will need to be stopped as early as a week before your testing. We will let you know which medicines to stop. It is important that you take all other medicines as prescribed in the days before and on the morning of the appointment.

Thank you for trusting us with your care. Our goal is to help you make safe medicine choices in the future. Find more information about our clinic and your first appointment at: VanderbiltHealth.com/asap.

Sincerely,

Your health care providers at Vanderbilt Asthma, Sinus and Allergy Program (A.S.A.P.)

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