



## **PATIENTS – PLEASE READ THE FOLLOWING INFORMATION**

It is very important that you **CONTACT THE OFFICE PRIOR TO** your or your child's Food Challenge Appointments, Skin Testing and/or Intradermal Testing if any of the following items listed below are present:

**IMPORTANT:** When coming to your testing or Challenge please do not bring additional children.

1. **Please call the office to reschedule the appointment if the patient (you or your child) has an illness**  
**An "illness" can be:** Common cold symptoms including chest congestion, head congestion, nasal discharge, fever, cough. Eczema flare up including extreme itching, broken skin, blistering, oozing/discharge. Active rashes with itching. Allergy symptoms which can include sneezing, watering eyes, runny nose, or sever itching.
2. **Asthma Symptoms:** Asthma flare up (also called an asthma attack, episode, or exacerbation). Flare up symptoms could be difficulty breathing/short of breath, rapid breathing, wheezing, coughing. If had to use Albuterol (Pro Air, Ventolin) or Levalbuterol (Xopenex) Inhaler or nebulizer machine as rescue in 48 hours, please reschedule.
3. The patient is using an Oral Steroid, such as:
  - Prednisone
  - Medrol (Methylprednisolone)
  - Orapred (Prednisolone)
  - Betamethasone
4. The patient is currently on or has just completed a course of **antibiotics** within 7 days.
5. If the patient is to **test for an allergy to a medication**, and the patient was informed to obtain the medication from their primary care physician and/or the pharmacy and has **NOT** done so. **Please reschedule if you do not have the medication or food being tested at appointment.**
6. **PREGNANCY:** If you are or suspect you are pregnant
7. If you had any **vaccine** within 48 hours.

In many of these instances, Dr. Garrett and her Clinical Team will be unable to proceed with the testing. By calling the office ahead with this information, you will avoid going to an appointment only to be rescheduled.

**Thank you**

**413-707-7720**

