



New Patient Instructions

Please bring with you to all your appointments:

- Your Health Card AND an additional piece of government issued photo ID (if > 17).
- A list of all of your medications
- Please bring in your medications that you are currently taking (inhalers, tablets, liquids, creams, etc.)

If possible, please discontinue antihistamines, decongestants and cold remedies for 5 days prior to your appointment. [This does not include inhalers, nasal sprays, medications for asthma and lung disease, medications for anaphylaxis, angioedema and urticaria. Do not discontinue prednisone if it is prescribed. Do not discontinue any medication that is necessary and important for you to take. If you have any questions, contact your prescribing primary care physician for instructions prior to considering discontinuing any antihistamine or decongestant.]

Allergy Testing is an uninsured service.