



## Student Health Services

Wilce Student Health Center  
1875 Millikin Road  
Columbus, OH 43210-2200

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## Allergy Referral Guidelines

### Instructions for new patients or patients who are to be retested

Your appointment with the allergist is important. The allergist will want to know your medical background, the frequency, severity, and duration of your symptoms, and any other factors that may be contributing to your allergies in order to diagnose your condition, and then to successfully treat it.

Your allergy appointment will be 1-2 hours long. Please wear short sleeves as skin tests may be performed on the lower or upper arms.

If you are taking medication to control your respiratory allergy symptoms (sneezing, runny nose, etc), **you should NOT take any medications containing antihistamines for 7 days prior to your appointment.** This includes **all oral antihistamines**, as well as the **nasal spray Astelin**.

Some medications used to treat allergies will not interfere with the testing, and can be continued. These include: 1) corticosteroid nasal sprays, 2) asthma medications including inhalers, and 3) Prednisone or Medrol (methylprednisolone) or other oral corticosteroids. If you have questions about your medication, the Pharmacist can tell you if it contains antihistamine or not.

Some other medications can also have a mild affect on allergy testing. Most of these are uncommon, but please bring the names and doses of all medications you are taking to your appointment.

If you are seeing the allergist for dermatologic symptoms (hives), it is OK to continue taking any medication.

If you have questions about the Student Health Insurance benefit, please direct your questions to the Patient Relations dept. on the 3<sup>rd</sup> floor of the Student Health Center, phone no. 292-0113.

If your problem involves possible allergy to stinging insects, you should know that testing for insect allergy is NOT done at the Student Health Center. However, the allergist will take a history, evaluate the condition, and a referral can be made to another facility for testing if necessary.

This appointment time is reserved for you. If you are unable to keep this appointment, PLEASE call 292-4321, day or night, to leave a cancellation message. **Please note: There is a \$10.00 charge for broken appointments.**