

Dr. Ma

Instructions before your initial visit

Empire Allergy | 154 West 14th Street, 4th Floor, New York, NY 10011

If your health insurance plan requires, get a referral from your primary care doctor.

If you are taking any allergy medicines called antihistamines, stop taking them for three days before your visit.

Do not stop any medicines for asthma, blood pressure or other medical problems.

Antihistamines are medicines to treat allergies. Antihistamines are also often found in over-the-counter cold, cough and sleep medicines.

Examples of antihistamines include:

Alavert	Allegra	Astelin
Astepro	Atarax	Benadryl
Cetirizine	Claritin	Clarinex
Diphenhydramine	Fexofenadine	Hydroxyzine
Loratadine	Zyrtec	

You can continue any nasal sprays except Astelin and Astepro.
You can continue any eye drops.

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