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A COMPLETE ALLERGY EVALUATION CONSISTS OF THREE VISITS

Rhonda J. Myers MD, PhD is a board certified adult and pediatric allergist and welcomes you to her office for your first allergy consultation.

Depending upon the complexity of your condition several visits may be needed to fully evaluate your allergy problems. Below is a brief explanation of each office visit that may be needed. If you have any questions or need directions to the office please feel free to give us a call.

The initial visit consists of a **detailed history and physical examination**. Dr. Myers may recommend a pulmonary function test (breathing test) and other tests if needed. Dr. Myers will discuss treatment options with you.

The **second visit** may include **skin tests** to determine possible triggers of the allergic symptoms. Allergies and asthma can be triggered by many different allergens, including animals, mold, mite, cockroach, pollen (weeds, trees and grasses), and foods. The first part of the skin test consists of pricking the back with individual allergens, applied by the medical assistant. This is minimally painful. After 15 minutes, Dr. Myers will review the results. If necessary, the second part of the skin testing is done "intradermally" on the upper arm(s). A positive test is a red, itchy bump.

The patient must discontinue antihistamines and medications containing antihistamines 7 days before skin testing. Some examples of antihistamines are: Allegra (fexofenadine); Claritin (loratidine, alavert); Zyrtec; Atarax (hydroxyzine); and Benadryl (diphenhydramine). There are many over the counter antihistamines and antihistamine/decongestant combinations Please ask us if you have any questions about the medications you are taking.

The **third visit**, an **Instruction visit**, is devoted to discussion of the test results and a treatment plan. Dr. Myers will give you a packet of information and answer your questions.

DIRECTIONS:

Heading Northbound on Interstate 5:

Exit Jeffery & turn Left
Turn Right onto Irvine Center Drive
Turn Right onto Yale Ave
Turn Right onto Booth (1st street, less than 1 block)

Heading Southbound on Interstate 5:

Exit Culver and turn Right
Turn Left onto Irvine Center Drive
Turn Left onto Yale Ave
Turn Right onto Booth (1st street, less than 1 block)

Heading Northbound on 405:

Exit Jeffery & turn Right
Turn Left onto Irvine Center Drive
Turn Right onto Yale Ave
Turn Right onto Booth (1st street, less than 1 block)

Heading Southbound on 405:

Exit Culver & turn Left
Turn Right onto Irvine Center Drive
Turn Left onto Yale Ave
Turn Right onto Booth (1st street, less than 1 block)

