



Mark E. Bubak, M.D. &
Julie F. Nielsen, PA-C

2200 W. 49th St., Ste. 104
Sioux Falls, SD 57105

605-336-6385
YourAllergyRelief.com

REMINDER FROM DAKOTA ALLERGY & ASTHMA

You have an appointment with Dr. Mark Bubak/Julie Nielsen, PA-C on _____ at the Gallatin Building, Suite 104, 2200 West 49th Street, Sioux Falls, 57105. Telephone: (605) 336-6385. This is located on 49th Street just west of Western Avenue. If you are unable to keep the above appointment, please contact our office 24-48 hours in advance.

Please complete the enclosed allergy history and BRING IT WITH YOU.

Please AVOID the following medications for the specified times noted below, if medically allowed, so that skin testing can be performed at your visit:

Antihistamines

Actifed3 days	Fedahist3 days	Sinulin3 days
Allegra (Fexofenadine)10 days	Hismanal6 weeks	Tacaryl3 days
Atarax10 days	Kronofed3 days	Tavist4 days
Benadryl3 days	Naldecon3 days	Teldrin4 days
Brexin LA3 days	Nolahist3 days	Temaril7 days
Bromfed3 days	Optimine3 days	Traminic3 days
Claritin (Loratidine)10 days	PBZ & PBZ-SR3 days	Trinalin.....3 days
Codimal3 days	Periactin5 days	Tussionex3 days
Comtrex3 days	Polaramine3 days	Tylenol PM3 days
Deconamine3 days	Rondec3 days	Vistaril3 days
Dristan Cold tablets3 days	Ru-Tuss3 days	Zyrtec (Cetirizine)10 days
Extrendryl3 days	Rynatan3 days	Four-way Cold tablets.....3 days
Semprex3 days		

H2Antihistamines

Axid3 days	Tagamet3 days	Zantac3 days
Pepcid.....3 days		

Antinausea

Antivert3 days	Thorazine7 days	Transderm Scop.....3 days
Compazine.....7 days	Tigan5 days	Norzine.....7 days
Torecan7 days	Trilafon7 days	

Antianxiety Agents

Ativan.....5 days	Librium.....5 days	Valium.....7 days
Buspar.....10 days	Tranxene.....7 days	Xanax10 days
Centrex7 days	Serax7 days	

Antidepressants

Asendin2 weeks	Pamelor (Nortriptaline)2 weeks	Desyrel (Trazadone).....2weeks
Paxil (Paroxetine).....2 weeks	Elavil (Amitriptaline)2 weeks	Parnate.....2 weeks
Tofranil2 weeks	Endep.....2 weeks	Prozac2 weeks
Triavil2 weeks	Ludiomil.....2 weeks	Serzone2 weeks
Vivactil2 weeks	Nardi.....2 weeks	Sinequan.....2 weeks
Wellbutrin2 weeks	Norpramin2 weeks	Surmontil.....2 weeks
Zoloft2 weeks		



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Major Psychotropics

Anafranil.....3 weeks	Mellaril3 weeks	Stelazine3 weeks
Clozaril3 weeks	Navane3 weeks	Taractan3 weeks
Haldol3 weeks	Prolixin3 weeks	Loxitane3 weeks
Serentil3 weeks		

If your present medications are related to heart disease, hypertension, or psychiatric conditions, the primary physician (Doctor who prescribed the medications) should decide if the medications can be stopped safely. These include:

1. No **alpha-adrenergic** such as: Normodyne, Trandate, Hytrin, Priscoline, or Yocon.
2. No **beta-adrenergic blockers** such as: Blocadren, Cartrol, Tenormin, Corgard, inderal, inderide, Timolide, Kerlone, Levatol, Lopressor, Viskin, Normazide, Propranalol or Sectrol, Toprol, Corzide, and Tenoretic.
3. No **MAO (anti-depressants)** such as: Mayrlan, Nardil, Parnate, and others such as some tricyclics which include Doxepin, Sinequan, and Elavil, Adapin, Asendin, Pamelor, and Tofranil.

If you have any questions, please call the office at (605) 336-6385.