



ANA M. LAMAS, M.D.
DIPLOMATE, AMERICAN BOARD OF
ALLERGY AND IMMUNOLOGY

2000 S.W. 27TH AVENUE, STE 301
MIAMI, FLORIDA 33145
PHONE (305) 461-2010
FAX (305) 648-0140

Dear patient:

Welcome to our practice! We are looking forward to serving you.
Outlined below are some guidelines to improve your visit:

On the day of your visit:

- Bring your insurance card and a valid ID.
- Bring your referral or script (if you need one).
- Patient copays, deductibles and co-insurance will be collected at the time the services are rendered. We accept cash, personal checks, debit and credit cards.
- If you have seen another Allergist before us, please bring any previous allergy testing or labwork.
- We know your time is valuable and would like to see you at your scheduled appointment time. Please arrive at least 15 minutes before your appointment to fill out forms.

New patients and patients undergoing allergy testing:

- If possible, discontinue your antihistamines **5-7 days** before your appointment. If you are unable to do so, an alternate approach may be recommended on the day of your visit.
-

List of antihistamines that should be discontinued prior to allergy testing:

- Benadryl (diphenhydramine)
- Claritin (loratadine)
- Allegra (fexofenadine)
- Zyrtec (cetirizine)
- Astelin, Optivar (azelastine)
- Patanase, Pataday, Patanol (olapatadine)
- Dymista nasal spray
- Atarax (hydroxyzine)
- Zantac (ranitidine)
- Pepcid (famotidine)
- Antivert (meclizine)
- Sleeping Teas
- ZZquil
- Tumeric

Thank you!