



## **READ THIS**

### **IMPORTANT NEW PATIENT MEDICINE INFORMATION**

During your first visit, blood tests will be done to determine the cause and correct treatment of your Sinus symptoms. For the test to be accurate it will be necessary to **STOP** the following medications **1 week** before your office visit:

1. Steroid Nasal sprays: examples, Nasonex, Flonase, Beconase, Rhinocort
2. Oral antihistamines: examples: Zyrtec, Claritin, Clarinex, Allegra, Benadryl, Chlortrimeton, Drixoral, Tavist.

If you are not sure if your medication is an antihistamine, contact your pharmacist.

Note: Decongestants such as Sudafed do not have to be discontinued before the first office visit.

In order to minimize your symptoms while off of these medications please do the following:

1. Irrigate your nose 2 or more times per day in the head down position with Normal saline (Salt water, ¼ Tsp. Sea salt to 6 oz. bottled or filtered water) using a rubber ear bulb syringe.
2. Take Mucinex 1 tablet, 2 times per day. Obtain from the pharmacist behind the counter without a prescription.
3. If you still have difficulty you may, in extreme cases, you may take Afrin nasal spray for 3 days only. Taking it longer can make your symptoms worse.
4. If you still have severe symptoms you may take your nasal steroids and antihistamines and we will postpone the test.
5. Any questions you might have will be addressed during your office visit.

Thank you very much,

Donald Dennis, M.D.

Please sign as acknowledgement of receiving these instructions:

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Patient signature