



**DR. WJ BARNARD**  
Special Interest: Allergy

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### **Patient instructions.**

The appointment takes approximately 30 minutes. Skin prick testing is a noninvasive, nonpainful procedure (scratches on the inside of the forearm) and you should have no trouble driving yourself or doing any other activities after the appointment.

Please refrain from wearing strong perfume or cologne.

**Do not bring food or drinks into the office.**

**\*\* Please arrive 10 minutes before your scheduled appointment. \*\***

**\*\*\* You and anyone accompanying you will be required to remove your outdoor footwear. \*\*\***

**Please bring a list of all medications you are taking.**

**Do not take antihistamines** for 72 hours prior to your appointment: (Claritin/loratadine, Aerius/desloratadine, Reactine/cetirizine, Allegra/fexofenadine, Atarax/hydroxyzine, Benadryl/diphenhydramine, etc). *If you are taking antihistamines daily for chronic hives, you do not need to discontinue your antihistamines.*

Do not take cold remedies (for example Sinutab, Dimetapp, etc.) for at least 48 hours prior to your appointment. *If you are suffering from a cold or flu, testing is not advised.* Please contact our office to reschedule your appointment.

If for any reason you cannot keep your scheduled appointment, please contact our office at 306-584-2305. Missed appointments are reported to the referring physician.