



The Asthma & Allergy Center

3503 Samson Way #108 • Bellevue, NE 68123-4303 PHONE (402) 592-2055 FAX (402) 592-2419 www.asthmaandallergycenter.com

For Your Initial Visit:

- Several medications interfere or block skin test results. Only if you can safely do so, discontinue the following for allergy skin testing:
 - Discontinue over-the-counter or prescription antihistamines and antihistamine eye drops 5 days before the appointment.
 - Discontinue Astepro or Dymista nasal spray 7 days before the appointment.
 - Be aware that certain prescription medications will interfere with the skin tests and these include tricyclic antidepressants (e.g. Elavil, Phenergan, Antivert and Vistaril). If you cannot safely discontinue this medication 7 days before your visit, simply let us know you are taking this medication when you come for your appointment.
 - Refrain from taking any over-the-counter sleeping aids such as Tylenol PM, Advil PM or Excedrin PM for 5 days.
 - May continue nasal steroid sprays and oral decongestants such as Sudafed.
 - Continue to take all asthma medications.

NOTE: If your symptoms are very bothersome and you choose to continue your antihistamines, simply tell us at your first visit and we can consider skin testing you at a later time.

- Please complete the *Patient Agreement, Patient Information, Insurance Information*, and the 4 page *Patient History*.
 - If time permits, please mail the completed forms to our office. Allow at least three days for US Postal Service delivery. Mailing your forms will allow us to enter your data before your appointment and will speed up the check in process when you arrive.
 - If unable to mail ahead of time, please bring these completed materials with you to your appointment.
- Please bring with you a complete list of medications you are taking, including dose and frequency.
- Please refrain from using any perfumes or colognes during your visit. Many of our patients' symptoms are triggered by strong fragrances.
- Please bring your insurance card and photo ID. If you are in a managed care plan, the referral from your Primary Care Physician must list the following procedures:
 - Date of office visit
 - Skin test
 - Spirometry
 - X-ray
 - Lab
 - Follow-up appointment required.
(Date to be determined after first visit).
- The office visit, skin test, and spirometry can run approximately \$1,000.00 - \$1,200.00. Any other procedures or lab work would be additional. Depending on which type of insurance or whether your deductible has been met, a payment of \$200.00, the insurance co-pay, or 20% of the charges is required.
- **Please arrive at the office 15 minutes prior to your scheduled time.** The first visit is very thorough so plan to spend at least two hours in the office.
- Once your visit is complete, a visit summary will be handed to you and/or a letter containing your assessment and plan may be mailed to you and mailed to any other physician(s) you indicate.
- We are located at 3503 Samson Way, Suite 108 in Bellevue, Nebraska. Call if you have any questions: 402-592-2055.

We will plan to see _____ on _____
(Patient Name) (Day) (Date) (Time)

We look forward to helping you manage your allergy and asthma symptoms!