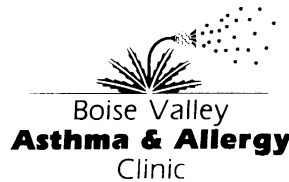


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ADULT AND CHILDHOOD
ASTHMA AND ALLERGY

PHYSICIANS ARE ALL BOARD
CERTIFIED BY THE AMERICAN BOARD
OF ALLERGY AND IMMUNOLOGY



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SATELLITE CLINICS IN EAGLE, NAMPA AND CALDWELL

bvaac.com

Dear _____,

Welcome to Boise Valley Asthma and Allergy Clinic! We are very pleased that you have chosen us for your source of allergy/asthma care. Enclosed in this packet you will find information about our practice, financial information, medical history, and personal forms.

What to Expect

- Please schedule enough time. In order for us to provide the best and most complete care, the first visit may take up to two hours.
- A parent/guardian must accompany children **less than 18 years of age**.
- The main goal of your first visit is to help us gain a comprehensive understanding of your medical condition. This visit will include a detailed history, physical exam (in most cases), skin testing, and a breathing test for some patients.
- We will review our findings with you at the end of your first visit or at your next appointment. At this time, we will make recommendations and plan a course of action. We encourage you to ask questions and even bring a spouse or family member.
- Your allergist will perform a very thorough evaluation of your condition. The physician/clinician component of the allergy/asthma evaluation will cost between \$200.00 and \$500.00. Other testing, such as skin tests or pulmonary function test may be necessary and are charged in addition to your evaluation. It is your responsibility to check your insurance coverage and benefits prior to your appointment. If your insurance requires a referral from your primary care physician, you must bring that with you. This also applies to Medicaid Healthy Connections.

What to Bring to the First Visit

- Please complete and bring the following **three forms** as well the other items listed below. The forms may have been sent to you in the mail. They can also be printed from our website **BVAAC.COM**. (Click on the button entitled **Print Forms** in the upper right hand corner and then click on **New Patient Packet**.)

Allergy and Asthma Personal History Form

New Patient Information Form

Financial Form

- **Photo ID**
- **Insurance card**

- **Copies of previous allergy/asthma tests, evaluations and other relevant records.** Be sure to bring copies of any recent blood allergy tests as well as skin tests. It may also be helpful to bring in asthma devices such as inhalers, spacers, and peak flow meters.
- **A list of medications and the dosage that you currently take.** Feel free to bring your medications, inhalers, sprays, asthma spacers, peak flow meters, etc.

Medications to Avoid for Allergy Skin Testing

Antihistamines interfere with skin testing. You will need to stop taking most antihistamines for several days before testing. **If you find it difficult to avoid antihistamines, come to your appointment anyway.** We can still treat your allergic/asthmatic condition and do blood allergy tests and/or skin test at a later date if indicated. **There is no need to stop asthma medications (including asthma inhalers, Singulair, and oral prednisone) and topical steroid nose sprays before skin testing.**

The following are guidelines for avoiding antihistamines before skin testing. **Feel free to call us at (208) 378-0080 with any questions!**

- **Prescription antihistamines** — stop **seven days** prior to appointment.
- **Over-the-counter non-sedating antihistamines** Cetirizine (Allertec, Zyrtec), Loratidine (Alavert, Claritin, etc.) — stop **seven days** prior to appointment.
- **All other over-the-counter antihistamines** — stop **24-72 hours** prior to appointment.
- **Astelin, Astepro, and Patanase Nose Spray** — stop **three days** prior to appointment.
- **Hydroxyzine (Atarax, Vistaril)** — stop **seven days** prior to appointment.
- **Benzodiazepines:** Ativan (lorazepam), Klonopin (clonazepam), Valium (diazepam) — stop **seven days** prior to appointment.
- **H-2 blockers:** Axid (nizatadine), Pepcid (famotadine), Tagamet (cimetidine), Zantac (ranitidine) — stop **one day** prior to appointment.
- **Tricyclics/Tetracyclics:** amitriptyline, Norpramin (desipramine), Pamelor (nortriptyline), Remeron (mirtazapine), Seroquel (quetiapine), Sinequan (doxepin), Tofranil (imipramine) — **stop seven days prior to appointment after getting permission from your primary care clinician!**

Follow-up care

Regular follow-up visits are needed for ongoing management. A recheck on at least a yearly basis is needed for to monitor progress, renew/change medications, as well as provide ongoing education. More frequent follow-up may be needed for some conditions such as persistent asthma, severe hay fever, etc.

Keep in Mind

A block of the doctor's time is reserved for your first appointment. Our office will contact you by phone 24 hours prior to your visit to confirm the appointment. You may not reschedule if a cancellation notice is not given. **If you need to reschedule or cancel an appointment, please call our office at (208) 378-0080.**

Thank you very much for choosing us!

Boise Valley Asthma and Allergy Clinic