



9701 Landmark Parkway Dr. | Suite 207 | St. Louis, MO 63127  
16216 Baxter Road | Suite 299 | Chesterfield, MO. 63127  
510 Fullerton Road | Swansea, IL. 62226  
Phone 314.849.8700 | Fax 314.849.8737 AAFACenters.com

## **WELCOME**

We are excited that you have chosen Allergy, Asthma & Food Allergy Centers of St. Louis to help you with your allergy, asthma, and food allergy needs! Below you will find some information to prepare you for your first visit.

**Prior to your first visit:** DISCONTINUE ANTIHISTAMINES SEVEN DAYS PRIOR TO YOUR APPOINTMENT - [examples: Allegra (fexofenadine), Zyrtec (cetirizine), Claritin (loratadine), Xyzal (levocetirizine)]. Benadryl (diphenhydramine) should be stopped at least two days prior to appointment, and Singulair (Montelukast) stopped one day prior to appointment. This is necessary to perform allergy testing at your first visit as antihistamines interfere with testing. If you are uncertain about discontinuing a medication, please contact our office. **DO NOT STOP** your asthma, blood pressure or other medications that you take daily. If you are experiencing a rash or *persistent hives*, please **DO NOT** discontinue medications. Again, please contact us if you are uncertain.

**Complete the attached paperwork.** Complete the New Patient packet, attach a copy of your physician referral (if needed) and the front and back of your insurance card(s). You can either mail, email (info@aascare.com) or fax (314-849-8737) your New Patient packet to the office. Do not hesitate to contact us with any questions.

**Please arrive at least 20 minutes before your appointment to check in.** If you have not completed the attached new patient paperwork, please come 30 minutes before your appointment. Your early arrival allows our staff time to collect the appropriate documents, obtain a picture for your chart and properly enter your information into the system. **If you arrive late to your appointment or arrive at the time of your appointment but have not completed the new patient paperwork, your appointment may have to be rescheduled.**

**Bring a current list of medications and drug allergies with you to your appointment.** It is also helpful if you can tell us what you have been prescribed in the past.

**Please bring your insurance card, referral from your primary physician (if necessary) and your driver's license or other picture identification.** If your insurance company requires a primary physician referral, please request this information from your primary physician one week prior to your appointment day. Please also make our office aware that your insurance requires a referral. Patients seen without referral authorization will be responsible for non-payment amounts from the insurance company. Your co-payments are collected at time of service. Please note your financial responsibilities, such as deductible and the limits of your coverage. We will submit your claims to your insurance carrier on your behalf.

**Be prepared to spend at least two hours at your initial visit.** After taking your history, we will perform an exam. Allergy testing takes 15-30 minutes. Lung function testing, if necessary, can take an additional 15-30 minutes. After we have completed our testing, we will discuss a treatment plan with you before you go home..

**Wear comfortable clothing and a short sleeve shirt or blouse.** Allergy testing will usually be performed on the back for both adults and children. Reactions occur only on the skin and usually resolve within a couple of hours. Such minor reactions can be easily treated with topical cream.

**Please notify us 24 hours in advance if you are unable to keep your appointment.** Your courtesy makes it possible to schedule another patient who may be ill. There will be a \$50.00 fee charged if your appointment is not cancelled within the appropriate time frame. If notification is less than 24 hours on two separate occasions, we will not reschedule another appointment.



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**While we welcome children and family members to come with you on your visit, remember that you may need to be in our office for a couple of hours at your initial visit.**

For more information, contact our office or visit our website at [www.AAFACenters.com](http://www.AAFACenters.com). We look forward to seeing you!