

WELCOME!

We are honored that you have chosen **Northwest Asthma & Allergy Center** to become a member of your healthcare team. We look forward to caring for you and/or your family. Our providers are trained and experienced in the treatment of asthma, allergies, eczema, hives, and immune system disorders for both children and adults.

We strive to make your visit a pleasant one and make every effort to be timely. Your appointment time has been reserved exclusively for you. Therefore, we respectfully request that you notify us as soon as possible if you are unable to keep your scheduled visit. Please note that a **minimum of 24 hours** is required to avoid the late cancellation/no show fee. (See our attached *Financial Policy*.) If you are late for your appointment, we may ask you to reschedule to another day.

We highly encourage you to call your insurance company to verify your allergy benefits along with any limitations you may have on your policy.

We require that a parent or legal guardian be present for the initial new patient appointment. We understand that there may be extenuating circumstances that make this difficult so please notify us ahead of time. Foster parents must provide legal documentation showing they have authorization from the state to obtain healthcare, including allergy testing.

Please use the checklist below to ensure that we will have all the information needed for your initial evaluation.

We look forward to meeting you!

- 3 days before your appointment:** Please discontinue antihistamines to allow for potential skin testing. See Antihistamines Table on the back. If you have chronic hives or severe itching, you should continue your antihistamines and keep your scheduled appointment to discuss alternative medications or testing options.

DO NOT STOP asthma medications such as Montelukast, inhalers, or oral steroids e.g. prednisone/prednisolone/methylprednisolone.
DO NOT DISCONTINUE antidepressants or psychotropic medications without consulting with your prescribing physician.
- 1 day before your appointment:** Please discontinue histamine blocking reflux medications such as ranitidine or famotidine. Proton pump inhibitors (PPIs) e.g. omeprazole, esomeprazole, lansoprazole, pantoprazole DO NOT need to be discontinued.
- Please arrive 30 minutes** prior to your scheduled appointment time to complete paperwork.
- Allow 1-1/2 to 2 hours for a New Patient appointment.
- Bring your photo ID such as driver's license or identification card, insurance card, co-pay, and credit card to keep on file.
- Bring a current list of all prescription medications, over-the-counter medications, and supplements with the dosages that you take.
- Bring a copy of any relevant medical records with you such as hospital records, previous allergy testing, and radiology and/or laboratory results.
- Bring address and telephone number of your referring doctor or primary care physician.
- Wear comfortable clothing to allow for skin testing. This is generally done on the forearms, upper arms, or the back.
- Northwest Asthma & Allergy Center is fragrance-free. We kindly ask you to refrain from wearing any perfume or scented products to your appointment.
- Please do not eat/snack while in the office.

WHEN TO STOP MEDICATION BEFORE TEST	NAME OF MEDICATION
10 days	Oral antihistamines <ul style="list-style-type: none"> • Cyproheptadine (Periactin) • Hydroxyzine (Atarax, Vistaril)
3-7 days	Nasal spray and/or eye drop antihistamines <ul style="list-style-type: none"> • Azelastine (Astelin, Astepro, Dymista) • Olopatadine (Pataday, Patanase, Patanol) Oral antihistamines (can be in cold/flu/sleep medications) <ul style="list-style-type: none"> • Acrivastine (Semprex-D) • Brompheniramine (in combination products) • Carbinoxamine (Dimetapp, Palgic, Rondec) • Cetirizine (Zyrtec, Wal-Zyr, Allertec, etc.) • Chlorpheniramine (Chlor-Trimetron, Triaminic, etc.) • Clemastine (Tavist) • Desloratadine (Clarinex) • Diphenhydramine (Benadryl, Nyquil, may end in -PM) • Fexofenadine (Allegra, Allerfex) • Levocetirizine (Xyzal) • Loratadine (Alavert, Allerclear, Claritin, etc.) • Pheniramine Motion sickness pills: <ul style="list-style-type: none"> • Cyclizine (Marezine, Nausicalm, Valoid, etc.) • Meclizine (Antivert, Bonine, Dramamine) Anti-nausea pills: Promethazine (Phenergan)
24 hrs	Certain anti-reflux medications (which are antihistamines) <ul style="list-style-type: none"> • Cimetidine (Tagamet) • Famotidine (Pepcid) • Ranitidine (Zantac)

PLEASE CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS



Northwest Asthma & Allergy Center, P.S.

Please see our website for detailed directions: www.nwasthma.com
Do not use GPS, Google or Mapquest where noted below, as it will take you to the wrong place

Clinic Locations

Everett

Silver Lake Pavilion
10333 19th Ave SE, Suite 105
Everett, WA 98208

Phone: (425) 385-2802
Fax: (425) 337-7967

Issaquah

22605 SE 56th St, Suite 270
Issaquah, WA 98029

Phone: (425) 395-0175
Fax: (425) 395-0176

Please note: From E. Lake Sammamish Parkway, we are the 4th entrance on the RIGHT side of the street (going east, up the hill). Go PAST the entrance for 24 Hour Fitness and the Goddard School. We're in the Sammamish View Building, just before the crest of the hill, across the street from the Park Hill Apartments. Look for our white sandwich sign at the driveway.

Redmond

8301 161st Ave NE, Suite 308
Redmond, WA 98052

Phone: (425) 885-0261
Fax: (425) 883-8474

Renton

IDC Building
1412 SW 43rd St, Suite 210
Renton, WA 98057
*(do NOT use GPS/Google/
Mapquest)*

Phone: (425) 235-1716
Fax: (425) 277-5479

Richland

108 Columbia Pt Dr
Richland, WA 99352

Phone: (509) 946-0189
Fax: (509) 946-0264

Seattle

Northgate Executive Center II
9725 3rd Ave NE, Suite 500
Seattle, WA 98115

Phone: (206) 527-1000
Fax: (206) 523-0724