

ALLERGY & ASTHMA CENTER OF WESTERN COLORADO, P.C.

Adult & Pediatric Allergy, Asthma & Immunology

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PATIENT INFORMATION BROCHURE**OUR GOALS**

Our clinic is dedicated to providing conscientious specialized care to patients who have allergies and/or asthma. Our goal is to give you the most expert and up-to-date evaluation possible and to educate you about any problems we may diagnose so that you may handle them more effectively. In summary, we are willing to extend any amount of time and effort necessary to ensure your well being.

PLEASE READ THIS ENTIRE BOOKLET before your first visit, as it is designed to tell you what will be involved in your evaluation and to explain our office policies and procedures to you.

A significant amount of our providers' time has been set aside for your initial appointment. Please give us reasonable notice if you must cancel your appointment. We will do our utmost to stay on schedule and request you be punctual for your appointment.

OUR PROVIDERS

David R. Scott, M. D. and Katherine S. Tille, MD are physicians with subspecialty training in the evaluation and treatment of allergic diseases and asthma. Both physicians are members of the American Academy of Allergy, Asthma and Immunology and the American College of Allergy, Asthma and Immunology.

Cathryn Schnell, PA-C, is a certified physician assistant who has worked in the field of asthma and allergy since 2010. She earned a Bachelor of Science degree with a major in Kinesiology at the University of Northern Colorado and completed her physician assistant degree at Midwestern University in Arizona.

CERTIFICATION OF COMPETENCE

Allergy is often practiced by physicians who lack certification or in-depth training in allergy and immunology. In order to receive certification of competence in adult and pediatric allergy by the American Board of Allergy and Immunology (a conjoint board of the American Board of Internal Medicine and the American Board of Pediatrics) an allergist must have at least three years of approved training either in internal medicine or pediatrics leading to certification in that specialty. After this, two additional years of training in the basic science and clinical aspects of allergy, asthma and immunology are required. He must then pass an extensive examination in allergy and immunology administered by the board before becoming a diplomate of (certified by) the American Board of Allergy and Immunology.

YOUR INITIAL VISIT

The purpose of this visit is to obtain extensive medical information concerning your problem. The first visit will include a detailed medical history and physical examination.

Allergy skin testing and/or pulmonary function testing may be indicated. If skin testing is indicated, the initial appointment may be a long one (up to 3 hours).

Your evaluation and diagnosis will be discussed and a course of treatment outlined in detail. If possible, it is best for your spouse or parent/legal guardian to be present at this appointment, so that they can fully understand what is necessary for an appropriate treatment program.

ALLERGY SKIN TESTS

IN CASE SKIN TESTING IS INDICATED, NO ANTIHISTAMINES, COUGH OR COLD MEDICATIONS OR OVER-THE-COUNTER SLEEPING PILLS SHOULD BE TAKEN FOR 5 DAYS PRIOR TO YOUR INITIAL APPOINTMENT. **Do not stop asthma medications or any other medications except those containing antihistamines!**

See our detailed list of medications that will interfere with allergy skin tests.

Tylenol P.M. and any over-the-counter medicine that states "may make you sleepy" contains antihistamine. Some examples of antihistamines that need to be stopped five days prior to your first appointment are: Claritin/Alavert (loratadine), Xyzal (levocetirizine), Benadryl (diphenhydramine), Zyrtec (cetirizine), chlorpheniramine, and Allegra (fexofenadine). Do not stop steroid nose sprays, but do stop **Astelin (azelastine), Astepro and Patanase** nose sprays which are antihistamines, as well as any **allergy eye drops**. Plain Sudafed (pseudoephedrine) is okay to take as long as it does not have an antihistamine mixed with it. You may continue nasal steroid sprays. **Do not stop any asthma medications.** Two antidepressants, doxepin and amitriptyline (Elavil), are also antihistamines; they are also used for sleep and chronic pain. They should be stopped five days before possible allergy skin testing. Other antidepressants do not interfere with skin tests.

If you have hives or a swelling problem, it is usually best NOT to stop antihistamines. Please call us if you have any questions about medications you are taking.

In many instances, in order to determine if and to what you are allergic, allergy skin tests will be performed. Two types of tests are used: prick tests performed on the back and intradermal tests done on the arms. Both types of tests are relatively painless. Usually many prick tests are done, but fewer intradermal tests are necessary. If your child is to be tested, we will be happy to demonstrate each type of test on you first if you so desire. For children we have a device which allows us to apply a limited number of prick tests on the back all at the same time. This is well tolerated, but there is brief itching at the site of a positive allergy skin test. Test results are available 20 minutes after application.

Do not use oil, cream or lotion on arms and back for 24 hours prior to skin testing.

ALLERGY INJECTIONS (Immunotherapy or "allergy shots")

Some patients may need allergy injections as part of their treatment for an allergic disorder. You may receive these injections in our office or we can send your allergy extract to your primary physician for the injections to be administered in that office. To enhance the efficiency in our office, certain hours have been designated for injections and they will be given only when there is a physician or a physician assistant in the immediate area. It is mandatory that an allergy injection be given with medical supervision. We do not approve of injections being given without medical supervision and will take no responsibility for this.

OFFICE HOURS

Regular office hours are 8:00 A.M. to 5:00 P.M., Monday thru Friday.

Allergy injection hours are: Monday 8:15 - 11:00 A.M. and 12:30 - 5:00 P.M.
Wednesday 8:15 - 5:00 P.M.
Friday 8:15 - 4:00 P.M.

Allergy injections can usually be given at other times if the patient calls ahead to check on our schedule and staffing.

CANCELLATION OF AN APPOINTMENT

If you cannot keep an appointment, reasonable notice (at least 24 hours) should be given to our office. This is particularly important for your initial visit.

TELEPHONE CALLS AND EMERGENCIES

As a specialists in allergy, our providers serve as consultants to your primary physician.

Therefore, if you are unable to reach one of our providers, call your primary care physician. We recommend all patients have a primary care physician. If no physician can be reached, go to your local emergency room.

PRESCRIPTION REFILLS

Most allergy and asthma prescriptions can be refilled simply by calling your pharmacist. Prescription refills requiring our authorization will be renewed only during office hours so that your chart may be reviewed. Please furnish the receptionist with your pharmacy's telephone number.

WE RESPECT YOUR PRIVACY

Your medical records are kept confidential. When you sign our patient registration form, you are authorizing us to release medical information to your primary care or referring physician, to consultants if needed and as necessary to process insurance claims and prescriptions. Our office is HIPPA compliant.

CHARGES

An allergy evaluation involves a great deal of physician and nurse time as well as various special tests. Since the amount of work involved in each allergic workup varies considerably, it is difficult to give an accurate estimate before our providers determine if diagnostic studies are indicated. If you have questions about our fees, please ask our receptionist.

PAYMENT AND INSURANCE

Allergy and Asthma Center of Western Colorado provides billing as a service to you. However, insurance is a contract between you and your insurance company.

If we are a contracted provider with your insurance company, we will bill your claim according to our contractual agreement. We will not become involved in disputes between you and your insurance company regarding deductibles, co-payments, other coverage, etc., other than providing factual information as necessary. **You are responsible for timely payment of your account, as well as copayments or deductibles due at the time of service.** If an overpayment has been made we will refund that amount either to you or your insurance company, depending on which is appropriate. We will be happy to work out an agreeable payment plan if necessary.

REFERRALS: If your insurance plan does require a referral from your primary care physician to see a specialist, it is your responsibility to obtain one before your scheduled appointment.

Please print and complete the online patient registration and medical history form BEFOREHAND and bring it with you, or FAX it to 970-241-2035 before your initial appointment.