

Western Springs Asthma & Allergy. S.C.
5600 S. Wolf Road, Suite 135
Western Springs, IL 60558

INSTRUCTIONS FOR NEW PATIENTS

BEFORE YOUR VISIT

1. Using the provided links **please fill out TWO forms** for each patient, either “ADULT” or “CHILD under age 18 years”. These will be submitted electronically and securely to your chart. These two forms are:

- **REGISTRATION form** – click on the link on the website, not here.
- **CLINICAL form** - click on the link on the website, not here.
- **Obtain any prior records**, such as previous allergy testing, blood work, CT scan results, etc. or other medical records pertinent to your medical concerns: This can prevent delays in your care at the visit due to having to contact prior physicians.

2. Please review the medication list pages 2 and 3, which list medications that may need to be temporarily stopped in case allergy testing is anticipated.

- Please do not stop any medications that are not on the list. This includes medications for asthma, blood pressure, diabetes, cholesterol, pain relief, neurological conditions and antibiotics. Please call our office if you are not sure.
- Continue your antihistamine if you cannot stop due to severe itching or an acute allergic reaction. We can still evaluate and treat you, postponing testing for another time.

3. Call your insurance company to check your benefits. You may have a:

- Specialist co-pay for office visits, which is due at the time of your appointment.
- Deductible for the office visit and/or allergy testing. If needed, the two procedure codes for allergy skin testing are 95004 (most often used) and 95024 (less often).

4. A directions sheet (page 4) is provided (if you need it to find our office).

ON DAY OF VISIT - Please bring the following:

- ♦ Insurance card – this is also needed at follow-up visits since contracts or member numbers can change without the patients’ knowledge. We use it to verify current coverage and benefits.
- ♦ Referral if you have HMO insurance; we may not be able to see you without it.
- ♦ Picture form of identification, such as a driver’s license (for identity theft protection).

We look forward to meeting you and caring for you and your family.

If you have problems with these instructions, please call our office at 708-246-4515.

MEDICATIONS NEEDED TO BE STOPPED PRIOR TO THE VISIT (2 PAGES)

The following antihistamine medications will interfere with allergy testing. Please review and stop them as listed. This also applies if any of these are combined with a decongestant, such as Allegra-D or Claritin-D, as well as any OTC medicine ending in “P.M.”. Call if you are not sure about your medications’ ingredients.

ORAL MEDICATIONS

Continue your oral antihistamine if you cannot stop due to severe itching or allergic reaction. We can still evaluate and treat you, postponing testing for another time.

Stop these oral antihistamines **five (5) days** before the visit:

- Fexofenadine (**Allegra**, Aller-ease, Aller-fex, Wal-Fex)
- Cetirizine (**Zyrtec**, Aller-tec, Wal-Zyr) •
- Levocetirizine (**Xyzal**) •
- Loratadine (**Claritin**, Aller-clear, Wal-itin)
- Cyproheptadine (Periactin)
- Desloratadine (Clarinex)
- **Benadryl** (diphenhydramine)
- **Hydroxyzine** (generic Atarax, Vistaril),
- Over-the-counter **allergy and cold preparations**, such as Dimetapp, Tylenol Allergy or Advil Allergy

NASAL ANTIHISTAMINES (stop these nasal sprays **two (2) days** before visit):

- **azelastine** (Astelin, Astepro)
- Dymista (azelastine + fluticasone)
- **olopatadine** (Patanase)

****NOTE:** You do **NOT** need to stop nasal steroids, such as Flonase, Nasacort, fluticasone, etc. or any eye drops.**

HEARTBURN (GERD) MEDICATIONS: nizatidine (Axid) and famotidine (Pepcid)

- Please stop these **two (2) days** before the visit.
- You do **NOT** need to stop PPIs, like omeprazole, Prilosec, lansoprazole, Prevacid, Nexium, Protonix, Dexilant.

ASTHMA MEDICATIONS: **If possible**, do not take any of the following inhaled medicines for **at least six (6) hours** prior to your visit, unless you are having trouble breathing. You should continue any other asthma medications not listed here.

- Albuterol (ProAir, Proventil, Ventolin)
- Combivent
- Duoneb (albuterol + ipratropium)
- Ipratropium
- Levalbuterol (Xopenex)

MEDICATIONS NEEDED TO BE STOPPED PRIOR TO THE VISIT (PAGE 2)

Antidepressants/Anti-anxiety/Other Psychiatric Medications

(Discontinue **48 hours** before testing **only** if cleared with prescribing physician)

Alprazolam/Xanax	Effexor/Effexor XR	Paxil
Amitriptyline/Elavil	Elavil	Protiptyline/Triptil/Vivactil
Amoxaine/Ascedin	Imipramine/Tofranil	Prozac
Buspar	Lexapro	Restoril
Clomipramine/Anafranil	Lorazepam/Ativan	Serzone
Clonazepam/Klonoin	Librax	Trazodone/Desyrel
Celexa	Mapotiline/Ludiomil	Trimipramine/Surmontil
Cymbalta	Mirtazapine/Remeron	Welbutrin (Bupropion)
Desipramine/Norpramin	Nefazodone/Serzone	Xanax
Doxepin	Nortriptyline/Aventyl/Pamelor	Zoloft

If you are on a medication for anxiety or depression that you do not see on the list, please call us to confirm.

DIRECTIONS TO WESTERN SPRINGS ASTHMA & ALLERGY

There is also a link to our address on Google Maps on our website.

From the east:

Take any major westbound street to La Grange Rd/Mannheim; take to 55th Street and turn westbound. Proceed 1.5 miles to Wolf Road and follow directions below for “**From the corner of Wolf Road and 55th Street**”.

From the south:

Option A: From Willow Springs Road or La Grange Road heading north: Turn left at 55th Street, proceed to Wolf Road and turn left. Follow directions below for “**From the corner of Wolf Road and 55th Street**”.

Option B: Heading north on I-294 North and exiting at Wolf Road or otherwise taking **Wolf Road north from points south**, about ½ mile north of Plainfield Road, look for our entrance on the left, immediately north of Park Place. Park in the rear of the building and enter through the steps to the left of the Western Springs Family Practice.

From the west:

Option A: I-55 North, exiting at County Line Rd North: pass Plainfield Rd. and turn right on 55th Street. Turn right at first light, Wolf Road. Follow directions below for “**From the corner of Wolf Road and 55th Street**”.

Option B: I-88 East to I-294 South to Ogden Avenue East: Proceed to Wolf Road and turn right. Travel 2 miles, passing through the town of Western Springs and 47th Street, continuing to 55th Street. Follow directions below for “**From the corner of Wolf Road and 55th Street**”.

From the north:

Option A: I-294 South to Ogden Avenue East: Turn right at first light, Wolf Road. Travel 2 miles, passing through the town of Western Springs and 47th Street, continuing to 55th Street.

Option B: From Wolf Rd southbound: Pass through Western Springs, continue to 55th Street.

Follow directions below for “**From the corner of Wolf Road and 55th Street**”.

From the corner of Wolf Road and 55th Street (heading south):

- Go one block south to 5600, on the right.
- Before you reach our address, you will pass a small strip mall, an apartment complex and a chain link fence *immediately* before the driveway into the medical complex.
- If you reach Park Place, you have just passed the driveway.
- There is a business sign and flagpole in front of the building.
- Park in the rear of the building and enter through the steps in front to the left of Western Springs Family Practice; we are directly above them on the second floor.
- There is a lift for those with difficulty managing the stairs once inside. If you need assistance entering the stairs into the building, please call us in advance for further instructions. There is a wheelchair accessible entrance via the Western Springs Family Practice while they are open.

OUR PHONE NUMBER: 708-246-4515