

New Patient CHECKLIST



Welcome to Allergy & Asthma Texas Health!

YOUR FIRST VISIT

- Allow 1-2 hours when being seen by our medical team for the first time
- Your appointment will entail a thorough medical evaluation that includes medical history, physical exam and administration of appropriate tests such as allergy test and breathing test(s)
- Percutaneous skin allergy testing takes 30-40 minutes to complete
- If possible, **avoid antihistamines 5 days prior to your first visit** in case skin allergy testing is performed

Examples of common antihistamines are:

Brand Name: Actifed | Alka-Seltzer Plus | Alavert | Allegra Allegra-D | Astelin | Atarax | Benadryl | Chlor-Trimeton Clarinex | Claritin | Claritin-D | Comtrex | Contac | Coricidin Dimetapp | Dramamine | Drixoral | Dymista | Optimine PediaCare | Periactin | Phenergan | Robitussin Night-Time Cold Formula | Sine-Off | Sinutab | Sudafed Cold and Allergy | Tavist | Tavist-D | TheraFlu | Triaminic Tylenol Allergy Sinus | Tylenol Cold | Tylenol Flu | Tylenol PM Vicks 44M | Vicks Nyquil | Vistaril | Xyzal | Zyrtec | Zyrtec-D

Active Ingredient: Acrivastine | Azatadine | Azelastine Brompheniramine | Carbinoxamine | Cetirizine Chlorpheniramine | Clemastine | Cyproheptadine Desloratadine | Dexbrompheniramine | Dimenhydrinate Diphenhydramine | Doxepin | Doxylamine succinate Fexofenadine | Hydroxyzine | Levocetirizine | Loratadine Promethazine | Triprolidine

ESSENTIALS

- Please become familiar with our general and billing policies
- Understand and prepare for your health costs; you are responsible for the co-payment, co-insurance and/or deductible; and all applicable fees at the time services are rendered
- Our team will assist you in providing out-of-pocket cost estimates. You may also request cost estimates through your insurance plan. Please contact us if you need to know specific billing codes
- If you need to cancel your appointment, please be sure to call us 48 hours in advance**

BRING TO YOUR APPOINTMENT

- All completed [new patient forms](#) available in our website and arrive 15 min before your appointment to allow for on-site registration**
- Health insurance card
- All your medications**, not just allergy medicines
- If your doctor referred you to us, bring the referral document
- Allergy testing results and any health records you may have in your personal files
- Your preferred pharmacy's information
- Primary care physician's contact information
- Employer's contact information

QUESTIONS?

- Contact us, we are happy to help!