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PRIOR TO YOUR APPOINTMENT

You are scheduled for an appointment at _____

Location: **West Des Moines** **Ankeny** **Osceola** **Perry** **Newton**

Please arrive **at least 15 minutes early** and bring your insurance card, a photo ID (if you have one) and a **current list of drugs or drugs in containers** that you are taking. It is also very useful to bring results of any X-rays, CT scans or blood tests related to your current medical problem.

DO NOT take antihistamines 5 days prior to your scheduled appointment. There are many over the counter and/or prescription cough, cold, allergy, and sinus medications that contain antihistamines. Please read the labels as the drug will be labeled as an antihistamine.

Taking an antihistamine within 5 days of your appointment may delay allergy skin testing.

The following is a partial list of antihistamines:

Allegra (Fexofenadine), Zyrtec (Cetirizine), Xyzal (Levocetirizine), Claritin (Loratadine), Clarinex (Desloratadine), Benadryl (Diphenhydramine), Alavert (Loratadine), Dimetane (Brompheniramine)

Tylenol PM, Advil PM, Advil Allergy & Congestion, Nyquil, Robitussin Cough Cold & Flu, Unisom (Doxylamine), Chlor-Trimeton (Chlorpheniramine), Tavist (Clemastine)

Atarax (Hydroxyzine), Zantac (Ranitidine), Pepcid (Famotidine)

Please note it is your responsibility to contact your insurance company to verify benefits prior to your scheduled appointment. All co-pays, coinsurances and deductibles are due at the time of treatment. Our office does not assume any responsibility for denial of any or all parts of your claim by any insurance company.

If you have any questions or concerns, please feel free to call or email. Thank you, and we look forward to becoming part of your healthcare team!