

Bluegrass Allergy and Asthma

Tolis Simon, M.D.

11900 Plantside Dr., Suite 9
Louisville, KY 40299
(I-64 at Blankenbaker Rd.)

Pediatric and Adult Allergy and Asthma
Certified American Board of Allergy and Immunology, 1997
Graduate of National Jewish Medical Center, 1996

1404-B Browns Lane
P. O. Box 6418
Louisville, KY 40206

Phone: (502) 267-0556
Fax: (502) 267-1715
Pager: (502) 332-0911

Dear New Patient,

We appreciate you choosing us for your allergy and asthma care. We look forward to working with you and your family healthcare provider to help with your allergy/respiratory needs. We hope this letter will help you find our office, answer questions about what medications may be taken prior to allergy testing, and assist with insurance referrals.

Directions to Our Blankenbaker Office:

- Coming from I-64, exit on South Blankenbaker Road (Exit #17).
- Go about ¾ of a mile straight through the traffic light past McDonald's.
- Go through the second traffic light past the shopping center with MainSource Bank and Penn Station on your left.
- Turn left at the very next light (the 3rd light) onto Plantside Drive. Park Community Credit Union is on the corner. Our office is in the first building on the right (behind Credit Union) at 11900 Plantside Drive, Suite 9. Look for the white numbers "11900" on the side of our building.

Medication Usage and Allergy Testing:

- Please remember not to take any antihistamines Claritin (loratadine), Allegra (Fexofenadine), Zyrtec (cetirizine), Xyzal, Benadryl, Clarinex (desloratadine), Astelin or Patanase nasal spray, over the counter cold medications, and eye drops that have antihistamines in them, etc) five days prior to your visit. *If you have taken antihistamines within 3-5 days of your appointment and are going to be allergy tested your appointment may have to be rescheduled.*

The only exception would be those patients taking antihistamines for hives or swelling. In patients with hives and swelling antihistamines should not be stopped.

- Decongestants (such as Sudafed, Mucinex D, etc), nasal steroid sprays, all asthma inhalers, oral steroids, and all other Non-allergy medications should be continued as prescribed by your doctor.

Referrals:

- Please bring your insurance card and picture I.D. with you.
- If your insurance plan requires a referral, please bring the referral from your doctor with you for your visit, or have your doctor's office fax it to us at (502) 267-1715. Some insurance plans still require a referral, as well as Tricare Prime.
- We are required to have a referral on the day of your appointment if your insurance plan requires one.**

Please bring with you the attached form filled out, a list of current medications, and any prior test results (allergy tests, sinus CT, sinus x-ray reports, chest x-ray report, or cardiac work-up).

Please refrain from wearing any scented soaps, perfumes, or colognes, etc. It would be best if women could wear slacks and a shirt as the testing is done on your back.

If you have any questions or need further directions before your visit, (267-0556) please don't hesitate to call our office and we will be happy to assist you. We look forward to meeting you and helping with your allergy and asthma needs.

Sincerely,

The Staff of Bluegrass Allergy and Asthma

_____ has an appointment on _____ at _____