



Lyvia Y. Leigh, M.D.  
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Dear Patient,

Thank you for choosing **Eastern Allergy & Asthma Specialists!** Our goal is to provide our patients with the most advanced, evidence-based, personable, and efficient care in southern Delaware.

#### NEW PATIENT TIPS

- ❖ We kindly ask that you fill out the **new patient questionnaire** on the **patient portal** prior to your appointment ([eaas.imscareportal.com](https://eaas.imscareportal.com)). This should take about 10-15 minutes but will save you (and us) a lot of time in the office.
- ❖ Please arrive 5-10 minutes prior to your appointment time and bring your **insurance card, photo ID, and form of payment** to the visit. As we are a specialty practice and our role in the medical community is that of a consultant, please be ready to provide the name of your primary care provider so that we may communicate with them about your care.
- ❖ If your insurance requires you to obtain a referral from your primary care doctor, our **Group NPI Number** is 1346977907.

#### PREPARATION FOR SKIN TESTING

If you are scheduled for or would like to discuss allergy skin testing, you must discontinue all medications that contain **antihistamines** (including nasal sprays and eye drops) prior to your testing appointment. Common antihistamines and how long to stop them for are listed below (please note this is **NOT** an inclusive list):

- ❖ Zyrtec (cetirizine), Allegra (fexofenadine), Xyzal (levocetirizine), Claritin (loratadine), Clarinex (desloratadine) – stop for 5 days
- ❖ Benadryl (diphenhydramine), Atarax or Vistaril (hydroxyzine), Chlor-Trimeton (chlorpheniramine), meclizine (Antivert, Bonine), dimenhydrinate (Dramamine) – stop for 3 days
- ❖ Nose sprays: azelastine (Astelin, Astepro), olopatadine (Patanase), Dymista – stop for 3 days
- ❖ Eye drops: olopatadine (Pataday, Patanol), ketotifen (Alaway, Zaditor), epinastine (Elestat), bepotastine (Bepreve) – stop for 1 day
- ❖ Speak with your doctor or pharmacist if you are taking any type of allergy, cold, or sinus medication and are not certain if the medication contains an antihistamine
- ❖ Continue asthma inhalers and steroid nose sprays (e.g. Flonase, Nasocort, Nasonex) – these do **NOT** need to be stopped
- ❖ Do **NOT** stop taking any other type of medication except antihistamines until you see the allergist
- ❖ **Note:** The following medications have some antihistamine properties but should **NOT** be stopped without consulting the physician prescribing them: amitriptyline, nortriptyline, quetiapine, mirtazapine, imipramine, clomipramine, chlorpromazine, doxepin



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### OFFICE PROCEDURES

- ❖ Allergy skin testing is usually done on the back using a plastic applicator. Dozens of allergens can be tested through this virtually painless method within a few minutes. Results are available in 15-20 minutes.
- ❖ Spirometry is an in-office pulmonary function testing that may be done for patients with asthma, chronic cough, or if your lung capacity has been compromised by allergic disease. It entails blowing into a plastic sensor attached to a computer with animated graphics.

### PAYMENT FOR SERVICES

- ❖ Copayments are due at the time of your visit prior to seeing the physician. We accept cash, checks, and all major credit cards.
- ❖ Payment for services not covered by your health insurance plan or out of pocket costs including deductibles and co-insurances are due upon receipt of the bill.
- ❖ For your convenience, we offer the option of maintaining your credit card information in a secure and encrypted system to be used for payment of visit balances.
- ❖ Estimates for a visit costs are outlined in the new patient packet in the patient portal

If you have any questions, please do not hesitate to call us at (302) 643-4123 or visit our website [eaasde.com](http://eaasde.com).

We are so excited to see you for your visit! Welcome to EAAS!

Warm regards,

Lyvia Y. Leigh, MD  
Physician/Owner  
Eastern Allergy & Asthma Specialists