

6 INSURANCE INFORMATION

Things for you to find out

- Does my insurance include allergy benefits? This can be skin titrations (95027) OR blood test (86003).
- What portion of the testing will they cover?
- Is there a copay for me?
- What portion of my serum will be paid for?
- Will my insurance cover sublingual drops?

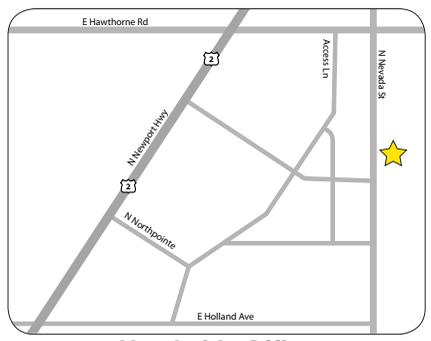
Codes to give to your insurance company

- 95027 or 95024 allergy testing (skin test)
- 95115 one shot
- 95117 two shots
- 95165 allergy serum
- 86003 allergy testing (blood test)
- 36415 blood draw
- 95199 sublingual drops

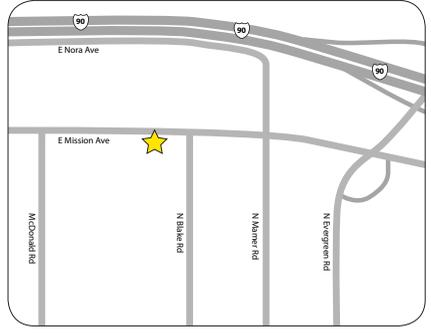
*Call Patient Accounts for costs at 509-789-5712



Main Office
217 W Cataldo, Spokane, WA 99201
Testing & Shots



Northside Office
9922 N Nevada, Spokane, WA 99218
Shots Only



Valley Office
13414 E Mission, Spokane Valley, WA 99216
Shots Only

ALLERGY WORKUP

Instructions & Important Information



SPOKANE EAR NOSE & THROAT CLINIC, P.S. SURGERY CENTER

Your Allergy Workup Appointment is:

Date: _____

Time: _____

Location: _____

Deposit Amount: _____

Check in at the front desk upon arrival. If it is necessary to cancel or reschedule your test please notify us at least 24 hours prior to the scheduled appointment. Please arrive ON TIME, if you are late the appointment may need to be rescheduled.

1 ALLERGY WORKUP INSTRUCTIONS

DO NOT take any cold medicines, nose drops, cough medicines, cough drops, or antihistamines before your allergy work-up. **Please refer to the antihistamine information insert regarding specific timing for stopping antihistamines and other medications, such as antidepressants, before your test.**

DO NOT use hairspray, perfume, aftershave or other scented products the day of the allergy workshop.

DO take a plain decongestant like Sudafed for congestion, if needed.

DO notify the allergy department if you are taking any of the Beta-Blockers (Blood Pressure Medications) listed on the Beta-Blocker insert. You will need special instructions regarding these medications.

DO wear a SLEEVELESS or SHORT SLEEVE shirt or blouse that will slide up over the shoulder.

DO eat a good meal before your appointment.

If you have any questions about your appointment please call us at:
509.624.2326

Your physician would like us to perform a **complete allergy workup and evaluate an allergy management program for you. The first step is to find out exactly what is causing your allergies. Inhalant allergens are airborne particles that trigger allergy symptoms after inhalation. We will test you for those things we have found in our area to be the most common causes of inhalant allergies.**

2 THE TEST ITSELF

Your allergy test will take about 1/2 to 1 hour to complete. We will be able to tell you at the conclusion of the test if you are allergic to those things for which we tested and the severity of the allergy. The test itself is done on the outside of your upper arm using small gauge needles. The needles go just under the top layer of the skin and are considered to be relatively painless. We can also test for allergies through drawing blood.

Please see list of prohibited medications. Do not schedule testing if you take these medications and please discuss further with your doctor.

A WORD TO TOBACCO USERS. You must realize if you use tobacco your allergy management will not be as successful as a non-tobacco user. Every effort should be made to give up this habit before you become involved with allergy testing and treatment. Even if you are a non-smoker, tobacco smoke in the home will affect treatment. Cigarettes should be omitted from the environment of a patient with allergies.

3 ALLERGENS WE TEST FOR INCLUDE:



Dust Mites: Dust mites are microscopic insects found in dust throughout the home.



Molds: There are many kinds of molds in our environment that cause problems, some indoors and others outside. These are often associated with excess moisture.



Pollens: Many plants such as **grasses, trees** and **weeds** produce large quantities of lightweight airborne pollen.



Animals (epidermal): Animal dander, feathers or fur from cats, dogs, horses and birds.



Foods: You may be sensitive to different foods.

4 IMMUNOTHERAPY OPTIONS

At Spokane ENT, we offer two different types of allergy treatment; shots (subcutaneous immunotherapy) or daily under-the-tongue drops (sublingual immunotherapy). Each treatment option helps the body's immune system build a tolerance to the allergens it currently reacts to.

Subcutaneous Immunotherapy (Allergy Shots)	Shots vs. Drops	Sublingual Immunotherapy (Allergy Drops)
Shot, usually in upper arm.	How Taken	Drop, under the tongue.
Twice a week for first 6 - 8 weeks. Once a week for 2 - 3 years. Once every 2 - 4 weeks for at least one year longer.	How Often	Daily.
20 minute wait after injection.	Time Commitment Post Dose	None.
Usually 4 - 12 months.	How Long to Target Dose	10 days.
In physician's office. First 1 - 2 injections given at Spokane ENT and then any doctor can administer after that.	Where Received	First dose in office, at home after that with adult supervision and EpiPen available.
Usually \$0 - \$40. Vial lasts about 14 weeks.	Cost of Vaccine Vial (After Insurance)	Usually not covered. Each vial costs \$120 and lasts about 7-8 weeks.
Variable co-pay, \$5-\$10.	Cost of Shots (After Insurance)	Done at home. Only cost is the vial.
\$600 - \$800.	Estimated Annual Cost (After Insurance)	\$600 - \$700.
3 - 4 years.	Total Time Commitment	3 years.

5 ADDITIONAL INFORMATION

It is important to remember allergy problems are inherited and cannot be cured, only controlled. This control will occasionally be interrupted by occurrences such as colds, infections and fatigue. These interruptions should not discourage you, because they will usually be temporary. Your allergies are a very individual problem and will be treated that way at our office.

Occasionally, we have patients who come here after having been tested by a general allergist either in our area or in another location. The first question asked is, *"Why can't you take the results of the test I've already had and go ahead with my treatment from there, because we already know my allergies?"* The type of test you most likely had performed was a qualitative scratch or intradermal test

that only reveals to what you are allergic. The testing done in this office is both qualitative and quantitative. It tells us not only what you are allergic to, but also the extent of the allergy to each individual allergen. Consequently, we can start your shots at the dosage strength that should give you a favorable response much faster.

Risks of skin allergy testing and immunotherapy include skin rashes or hives, swelling, difficulty breathing, or a life threatening condition called anaphylaxis. Serious reactions are rare. Allergy shots should always be done in a doctor's office, because of the risk of reactions. We do not allow allergy shots to be given at home.

