



## ALLERGY & ASTHMA CARE OF FAIRFIELD COUNTY, LLC

Adult & Pediatric Allergy & Asthma

55 Walls Drive • Fairfield, CT 06824 • **203-259-7070** • Fax 203-254-7402

35 Corporate Drive • Trumbull, CT • 06611 • 203-445-1960

[www.allergyandasthmacare.com](http://www.allergyandasthmacare.com)

---

### WHAT TO EXPECT FROM YOUR VISITS

#### First Visit

You will be asked to fill out the Allergy History form and Patient Information Sheet BEFORE you come for the first appointment OR come 20 minutes early to fill it out. Please bring a photo ID and your insurance card. Co-pay will be required upon check in for your appointment. **If you have a high deductible plan you will be required to leave a credit card on file.** Please stop antihistamines (if you are able). See antihistamine list on website. The first visit usually takes 45 minutes. The visit will be with a doctor, either Dr. Kenneth Backman, Dr. Katherine Bloom or Dr. Sara Dever. The doctors may or may not perform allergy testing. **Since we do not know if and how many tests will be administered, and if you have concerns about costs, you will need to contact your insurance company prior to the visit. Some plans have caps on the number of tests allowed, some only allow so many tests in a year, some only allow for all the tests on one day per year.** The first day of testing is prick tests. It looks like a plastic caterpillar with running cleats. 8 tests are placed at a time. This is done on the arm or back for infants. A timer is set for 12-15 minutes while the tests “cook.” Then the doctor comes back into the room to check the results.

#### Second Testing Visit (not always necessary)

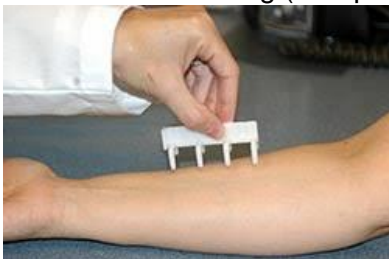
**If one is required, the second testing visit is usually with one of our nurse practitioners.**

Any airborne allergen that did not cause a reaction during the first level of testing is now given again in a stronger amount (except foods for which there is only one level of testing.) Once again, no antihistamines prior to the visit. The second level tests are called intradermals and they are very small individual needles placed just under the skin, one at a time, usually on the arm. Then a timer is set for 12-15 minutes. The nurse practitioner will then check the results. Total visit time is 20-30 minutes. If you have concerns about costs and the number of tests, please call your insurance company prior to the visit. **The cost can be as much as the first level of testing.**

#### Third Visit (Summary Visit)

The third visit is with the doctors. It is called a summary visit. The doctors go over test results and the plan for managing your allergies, if there are any. If you do not have any allergies you will still need this visit to determine what to do next and how to treat your symptoms. This visit is usually 15 minutes.

#### First Level of Testing (skin pricks)



#### Second Level of Testing (intradermals)



**Please keep in mind, for some insurance companies, like Connecticare and Anthem metal plans, the testing order is different.**

**Venom testing and patch testing are also handled differently, and testing may NOT be on the first visit.**