

Allergy and Asthma Consultants, P.C.

Robert F. Onder, M.D.
Sonia Cajigal, M.D.

Diplomates, American Board of Allergy and Immunology

Date: _____

Dear _____,

Your appointment is scheduled for _____ at _____ o'clock.

We thank you for your trust in choosing us as your Allergy and Asthma Consultants! We hope to get you on your way to feeling better as soon as possible.

Your time is valuable and we want you to get the most out of your visit with us. To get the most accurate results from Allergy testing, it is best if you can be free of all antihistamines, decongestants and allergy/cold medications, both prescription and over the counter for 48 hours before your appointment. (Examples are Allegra, Alavert, Benadryl, Claritin, Clarinex and Walitin.) If you take Zyrtec, Xyzal, Atarax or hydroxyzine it is best if you can be free of these medications a little longer, 3-5 days before your appointment. You can still use most inhalers but it is best if you can avoid using Albuterol for 6 hours before your appointment, and Advair or Symbicort for 24 hours before your appointment. Please feel free to use your rescue medication if you have an asthma attack. You may continue to use any other medications.

Please complete the enclosed forms before your office visit and bring them with you to your appointment. If you can bring in your paperwork completed, we can give you as much time as we can with me and my medical team.

Please bring your insurance card with you on your visit. If you need a referral letter from your primary care physician, please bring it with you to your appointment.

Our reception team will be contacting you prior to your appointment to confirm your time with us. Your initial new patient office visit will last about two hours. Please be sure to arrive 10 minutes before your scheduled appointment time to complete your check in process.

If you have any questions regarding this letter or your upcoming visit with us, please don't hesitate to call us at 314-569-0510.

Thank you and we look forward to seeing you soon!

Sincerely,

Robert F. Onder, M.D.
Sonia Cajigal, M.D.