

Hello! We are excited to meet with you at your upcoming appointment in the St. Peter's Health Allergy, Asthma and Immunology clinic. In preparation for your visit, we have attached an in-depth patient questionnaire. Please complete this prior to your visit so that we will have more time to focus on your questions and concerns. If this is not completed at the time of your appointment, you may be required to reschedule. Please be aware that in order to address your concerns in depth, new patient appointments frequently last 2 hours.

If you would like to have environmental or food allergy testing at the same time as your visit, we will usually be able to accommodate you, but this is not required. In order to have allergen skin testing performed, certain medications must be stopped one to several days prior to testing. A list of these medications and their timing is provided in this packet. Please call us if you have questions about your specific medications. Again, testing is not required to be done the same day. We will be happy to make an appointment for you with our nurses in the days soon after your visit, or when it is convenient for you. Some types of testing are not available the same day, such as patch testing, stinging insect testing, medication allergy testing, and food challenges.

If you are concerned about allergy to a particular food (hives, swelling, difficulty breathing, anaphylaxis etc), it is helpful if you can bring that food with you (including the nutrition label if it is a processed food). This way we can examine the ingredients and even perform skin testing directly to the suspected food. If there is an option of whether to cook the food, please cook the food if that is how you would eat it. If the food is eaten raw, please bring it raw. We do have certain foods in extract form and you do not need to bring these foods with you. Please give us a call if you would like to know if we have an extract for the food you have reacted to.

If you are being seen for chronic hives (hives that have been ongoing or recurring for greater than 6 weeks), please do not stop any of your medications in preparation for this appointment.

You will likely also be asked to perform one or more breathing tests when you come for your appointment. This is true even if you are not coming for a breathing related issue. This is due to the fact that many allergic disorders occur together and by testing your lungs, we may be able to detect disease even before it becomes severe enough to cause symptoms. There is no special preparation required for these breathing tests. Please do not stop any of your breathing medications in preparation for this appointment.

Also, we ask you to bring your actual medications with you, not just the list of medication names. This allows us to be certain that nothing is missed and technique in taking the medication can be assessed in certain cases.

Finally, if you have outside medical records you would like us to review, it is helpful if you can have them faxed before your appointment so that we may review them before you arrive. (Fax number 406-447-5925)

Please feel free to call us with any questions at any time before your appointment (406-447-5905), and we look forward to meeting with you!

Sincerely,

**Dr. Summer Monforte,  
Danielle Redfield, FNP and  
the St. Peter's Health Allergy, Asthma and Immunology Team**