

WELLNESS RESOURCE MEDICAL CLINIC
ALLERGY & ENVIRONMENTAL MEDICINE

OFFICE POLICIES AND PROCEDURES

2 WEEKS PRIOR TO YOUR VISIT

THE HISTORY FORM, INSURANCE FORM, AND THE FINANCIAL/PRIVACY FORM SIGNED AND SENT TO THE CLINIC. THE MORE INFORMATION YOU GIVE, THE BETTER WE CAN HELP IN DETERMINING YOUR ENVIRONMENTAL AND FOOD TRIGGERS WITH GREATER PRECISION AND EFFICIENCY. PLEASE FILL IT OUT TO THE BEST OF YOUR ABILITY.

PLEASE RETURN THIS COMPLETED FORM, SIGNED ELECTRONICALLY BY EMAIL (NEWPATIENTS@WELLNESSRESOURCEALLERGY.COM) OR TO THE OFFICE BY MAIL (30111 NIGUEL RD., SUITE K, LAGUNA NIGUEL, CA 92677) AS SOON AS POSSIBLE. THIS INFORMATION WILL BE REVIEWED PRIOR TO YOUR ARRIVAL BY OUR STAFF.

2 DAYS BEFORE CLINIC VISIT

STOP TAKING ANY ANTIHISTAMINES OR SYSTEMIC STEROIDS. IF YOU ARE CONCERNED ABOUT DOING THIS, PLEASE CONTACT US AT THE CLINIC (QUESTIONS@WELLNESSRESOURCEALLERGY.COM).

1ST DAY OF CLINIC VISIT

EXPECT TO BE AT THE CLINIC FOR APPROXIMATELY 1-2 HOURS FOR A HISTORY AND PHYSICAL AS WELL AS ALLERGY TESTING. ALLERGY TESTS ARE PLACED ON THE UPPER ARM, SO PLEASE WEAR A SHORT-SLEEVE GARMENT TO THE OFFICE. AN INDELIBLE MARKER IS ALSO USED TO MARK EACH WHEAL. (THE MARKER WILL FADE AWAY IN 3-5 DAYS).

BRING YOUR QUESTIONS AND A SMILE BUT WEAR NOTHING SCENTED OR POTENTIALLY NOXIOUS TO ENVIRONMENTALLY SENSITIVE PEOPLE. CHILDREN MAY NEED AN EXTRA FAMILY MEMBER, TOY OR BOOK FOR SUPPORT DURING THE TESTING.

EVENING OF 1ST DAY AFTER CLINIC VISIT

MEASURE THE WHEALS FROM YOUR TESTING AT 12 HOURS. READ AND PRACTICE ALLERGEN TESTING WITH YOUR TAKE HOME PACKET (SEE THE PAGE ON HOW TO INJECT).

2ND DAY OF CLINIC VISIT

EXPECT TO BE AT THE CLINIC FOR APPROXIMATELY ONE HOUR FOR ALLERGY TESTING AND FINAL TEACHING ABOUT GIVING ALLERGEN SHOTS AT HOME. YOUR FIRST DOSE WILL BE GIVEN IN THE CLINIC ON THIS DAY. (IN SOME CASES A THIRD DAY OF ALLERGEN TESTING IS REQUIRED BEFORE ALLERGEN SHOTS CAN BE GIVEN)

WE MUST ASK PARENTS, FRIENDS, CHILDREN AND PATIENTS NOT TO ENTER THE OFFICE AFTER USING PERFUMES, COLOGNES, SCENTED HAIR PRODUCTS, AFTER-SHAVE LOTION, BATH OILS, SKIN LOTIONS, BODY POWDER OR OTHER SCENTED COSMETICS, SINCE MANY PATIENTS ARE ALLERGIC OR HAVE SENSITIVITIES TO THEM. PLEASE REMEMBER TO WEAR CLOTHES THAT DO NOT CONTAIN PERFUME OR TOBACCO ODORS FROM PREVIOUS WEAR.