



Asthma Sinus Allergy Program at
Greater Baltimore Medical Center
Physicians Pavilion North I
6535 N. Charles Street, Suite 200
Towson, MD 21204-6819

Alvin Sanico, MD, FAAAAI
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Dear Patient:

We appreciate the opportunity to take care of you and are happy to welcome you to the Asthma Sinus Allergy Program at Greater Baltimore Medical Center (ASAP@GBMC).

Our mission is to provide the best of care and service by applying patient-centered principles and practices in an innovative state-of-the-art environment.

Please complete the [New Patient Registration Form](#) and [Medical History Form](#) and FAX these to us in advance at (410) 583-8394, prior to your scheduled visit.

Otherwise, remember to bring all the completed forms and register at our center at least 20 minutes before your appointment.

When you register during the initial visit, your photo will be taken with a digital camera and that photo will be part of your Electronic Medical Record. This step helps optimize personalized service and patient safety. After the completion of your medical history and physical examination, diagnostic procedures would be performed as needed. These procedures can include *needle-free allergy skin test* to determine if you have sensitivity to certain allergens, *spirometry* to assess your lung function, and/or *nasal endoscopy* to examine potential causes and complications of nasal and sinus disease. Depending on what procedures need to be performed, your entire initial visit could last a total of 1 to 3 hours.

If you also need a sinus CT scan and/or an evaluation by an Ear-Nose-Throat (ENT) physician, we can help make arrangements for these to be obtained on the same day within the same building for your convenience.

We request that you refrain from wearing perfume or cologne on the day of your visit as it could adversely affect other patients.

Please read the enclosed directions and feel free to contact us at (410) 583-8393 if you have any questions. You can also find more information at www.asap-gbmc.com

We look forward to taking care of you soon.

Sincerely,

A handwritten signature in black ink, appearing to read 'Alvin Sanico'.

Alvin Sanico, MD, FAAAAI



IMPORTANT INSTRUCTIONS FOR YOUR VISIT

Do not take antihistamines for at least 7 days before your scheduled visit because they can interfere with the Allergy Skin Test.

Common over-the-counter cold and allergy pills typically contain antihistamines, so please read the label of the medicine that you might be taking.

Examples of over-the-counter antihistamines include:

acrivastine (example brand name: **Semprex[®]**)

brompheniramine (example brand names: **Bromfed[®]**, **Dimetapp[®]**)

cetirizine (example brand name: **Zyrtec[®]**)

chlorpheniramine (example brand names: **AlkaSeltzer Cold Plus Flu[®]**, **Aller-Chlor[®]**, **Chlo-Amine[®]**, **Chlor-Trimeton[®]**, **CoTylenol[®]**, **Deconamine[®]**, **Dristan[®]**, **Efidac[®]**, **Polaramine[®]**, **Rynatan[®]**, **R-Tannate[®]**, **Teldrin[®]**, **Coricidin HBP[®]**, **AlleRx[®]**)

clemastine (example brand names: **Allerhist[®]**, **Antihist[®]**, **Contac[®]**, **Tavist[®]**)

cyproheptadine (example brand name: **Periactin[®]**)

diphenhydramine (example brand names: **Advil PM[®]**, **AlkaSeltzer PM[®]**, **Anacin PM[®]**, **Benadryl[®]**, **Excedrin PM[®]**, **Midol PM[®]**, **Tylenol Allergy[®]**, **Tylenol PM[®]**)

doxylamine succinate (example brand name: **Nyquil[®]**, **Unisom[®]**)

hydroxyzine (example brand name: **Atarax[®]**, **Vistaril[®]**)

loratadine (example brand name: **Alavert[®]**, **Claritin[®]**)

promethazine (example brand name: **Phenergan[®]**)

tripelennamine (example brand name: **PBZ[®]**)

tripolidine (example brand name: **Actifed[®]**)

Examples of prescription antihistamines include:

azelastine nasal spray (example brand name: **Astelin[®]**, **Astepro[®]**)

desloratadine (example brand name: **Clarinex[®]**)

fexofenadine (example brand name: **Allegra[®]**)

levocetirizine (example brand name: **Xyzal[®]**)

olopatadine nasal spray (example brand name: **Patanase[®]**)

Certain antidepressants could also interfere with the Allergy Skin Test because they can act like an antihistamine. Let us know if you are on any antidepressants before your Allergy Skin Test but do not discontinue them.

Continue to take all your other medications including those for asthma.

Remember to bring the following for your appointment:

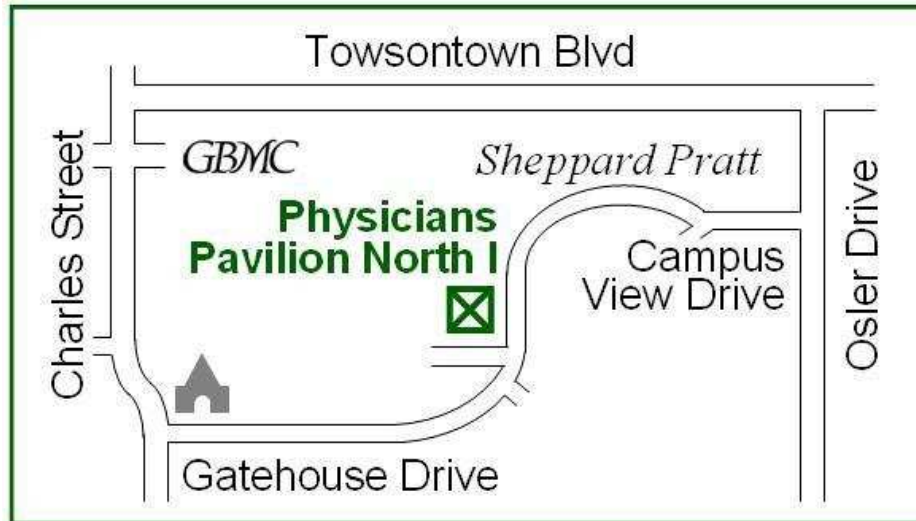
- Completed New Patient Registration Form
- Completed New Patient Medical History Form
- All medications that you are currently taking
- Copies of results of any test related to your condition
- Appropriate referrals if you are an HMO patient
- Insurance cards, co-pay and photo I.D.



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MAP AND DIRECTIONS TO THE ASAP@GBMC



From I-695

Turn onto Charles Street at Exit 25 and proceed past the traffic light at the main GBMC entrance. After about 1/2 mile turn left at the Sheppard Pratt entrance onto Gatehouse Drive. Follow the signs to Tulip Park and GBMC Physicians Pavilion North I.

From I-83

Turn onto Northern Parkway, then turn left onto Charles Street. After about 2 miles, turn right at the Sheppard Pratt entrance onto Gatehouse Drive. Follow the signs to Tulip Park and GBMC Physicians Pavilion North I.

From Towsontown Blvd

Turn onto Osler Drive, then turn right onto Campus View Drive at the Sheppard Pratt entrance. Follow the signs to Tulip Park and GBMC Physicians Pavilion North I.

PARKING

Covered parking is available at Tulip Park adjacent to Physicians Pavilion North I. From the lobby of Physicians Pavilion North I, take the elevator to the second floor then enter the double glass doors on your right into Suite 200.

NOTICE ABOUT CANCELLATIONS

If you need to cancel your visit, please call (410) 583-8393 at least 48 hours in advance to avoid a no-show fee and give us the opportunity to assist another patient who can take your time slot. We would be happy to schedule another appointment for you.