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ALLERGY & ASTHMA
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Sublingual Food Immunotherapy (SLIT) Interest Welcome Letter

Thank you for your interest in our Sublingual Food Immunotherapy (SLIT) program! We are excited to offer this specialized treatment in our office and look forward to partnering with you on this journey. Please take time to carefully review all attached documents. Once we receive the signed *Sublingual Food Immunotherapy Financial Policy*, a member of our team will contact you to schedule any necessary updated testing, laboratory work, and your *Sublingual Food Immunotherapy Consultation Appointment*.

Before Your Consultation

- Established patients will receive a lab slip by mail for desensitization lab work.
- Labs must be completed at least 14 days prior to your consultation visit.
- If updated skin testing is needed, this also must be completed prior to the consultation visit.
- This appointment is primarily for education and discussion. The provider will review lab results, skin testing results, program guidelines and goals, and answer any questions you may have.
- All patients (if able), will be required to complete a breathing test (spirometry) during the consult visit.

Financial & Attendance Expectations

- Any required out-of-pocket costs or deductibles must be paid at the time of service.
- Because appointments are limited and in high demand, no-shows may result in dismissal from the program.
- Patient safety is our top priority. Non-compliance with medical instructions or program requirements may also result in dismissal from the program.
- Enrollment and continued participation in the Medical SLIT Program are based on the medical provider's clinical judgment. Patients may be discharged from the program if it is determined that the program is no longer in the patient's best interest to continue.

Day 1 Rapid Desensitization Visit

If the provider determines that you or your child is a candidate for our SLIT program, your first treatment visit called *Rapid Desensitization* will be scheduled.

- This initial visit lasts approximately 3 hours.
- The patient will receive 2-3 very small, gradually increasing doses of the allergenic food under close medical supervision.
- You will first meet privately with the provider in a private exam room. You will remain in this private exam room throughout the desensitization visit.
- To ensure comfort and safety, we ask that no siblings be present at this visit and that only one parent accompanies the patient into the exam room. Additional family members may wait in our main waiting area.
- The parent/guardian must be present and remain in the office throughout the entire visit.
- Please make sure patient eats breakfast prior to arrival. Bring snacks, drinks, a packed lunch and activities (toys, tablets, books, etc). There is free Wi-Fi available.

Ongoing Treatment

- You will receive a jar containing diluted allergenic food (prepared by our office) to continue the prescribed dose once daily at home.
- Follow up escalation visits occur approximately every 4+ weeks, depending on individual progress and treatment plan.
- Once (and only if) the patient transitions to whole foods, families will be responsible for purchasing these foods for maintenance doses. There are some foods that require in-office diluting for build up and maintenance.
- While many patients reach maintenance within an 8 month period, some may take longer due to illness or other factors. Taking longer does not mean the treatment is unsuccessful! Everyone's SLIT journey will be individualized.

We're Here to Support You

We strongly encourage you to write down any questions or concerns and bring them to your consultation appointment so they can be fully addressed. Our goal is for you to feel informed, supported, and confident throughout the process. We are honored to care for you and your family and look forward to welcoming you into our SLIT program!

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