



## **INSTRUCTIONS FOR ALLERGY TESTING**

### **❖ What are allergies?**

An allergy is an excessive reaction by your body's immune system to natural elements found in the environment. The most common symptoms are: nasal congestion, runny nose, sneezing, itchy nose and throat, itchy/watery eyes, postnasal drip, and fatigue. Allergies may also be responsible for some forms of asthma and dermatitis.

### **❖ What is Allergy Testing?**

Allergy Testing is performed to determine if you are allergic to inhalant allergens. These allergens include perennial allergens such as: dust mites, animal dander, cockroach, and molds. Seasonal allergens will be tested as well and they include: grass pollens, tree pollens, and weed pollens. During the testing very small amounts of the substances will be placed and injected on the top surface layer of the skin and just beneath the skin and the resulting response will be measured.

### **❖ Why should I be tested for allergies?**

If you suffer from the symptoms listed above, it is possible that you have allergies. An exact understanding of your allergies can help guide treatment. Knowing your specific allergies helps your doctor make recommendations regarding environmental control modifications that will best improve your symptoms. Furthermore, allergy testing is a necessary prerequisite for those individuals considering allergy shots and drops.

### **❖ How long is the testing?**

The allergy test takes between 1-3 hours. You may want to bring a tablet, phone, book, or magazine to make yourself more comfortable.

### **❖ Is the testing painful?**

The testing is just a little uncomfortable, it is not painful. The needles are very small. The biggest complaint is usually itching, which we help relieve with some antihistamine ointment after the test is complete.

## **THINGS TO DO PRIOR TO TESTING**

### **YOU MUST STOP CERTAIN MEDICATIONS BEFORE THE TESTING**

(Failure to do so will result in cancellation of the test for that day)

If you have any questions regarding any other medication you are taking please feel free to contact our office. If you are experiencing flu-like symptoms the before or of testing please call our office to reschedule the testing.

## **7 DAYS BEFORE TESTING STOP ANY AND ALL OF THESE MEDICATIONS:**

### **EYE DROPS:**

PATADAY, PATANOL, OPTIVAR, ZADITOR, ALAWAY, ELESTAT, OLOPATADINE, AZELASTINE, KETOTIFEN, EPINASTINE

### **NASAL SPRAYS:**

ASTELIN, ASTEPRO, AZELASTINE, PATANASE, OLOPATIDINE, DYMISTA

### **ORAL MEDICATIONS:**

CLARITIN, CLARITIN-D, CLARINEX, ALAVERT, ALLEGRA, ALLEGRA-D, XYZAL, VISTAPRIL, ZYRTEC, CERTIRIZINE, LEVOCETIRIZINE, HYDROXYZINE, BENDARYL, DIPHENHYDRAMINE (all allergy medications and non-prescription sleep aids)

### **H2 ANTAGONIST / ANTI-NAUSEA MEDICATIONS**

ZANTAC, TAGAMET, PEPCID, ATARAX, NEXIUM, PRILOSEC, OMEPRAZOLE

### **ANY AND ALL OVER-THE-COUNTER**

ALLERGY MEDICATIONS, COLD MEDICATIONS, DECONGESTANTS, AND ANTIHISTAMINES, COUGH SYRUPS

## **14 DAYS BEFORE TESTING STOP ANY AND ALL OF THE MEDICATIONS:**

DOXYLAMINE, PYRILAMINE, PHENIRAMINE, MECLIZINE, ANTIVERT, ANY ORAL STEROIDS SUCH AS PREDNISONE AND CORTISONE IF YOU TAKE THEM DAILY FOR LONG TERM USE. IF YOU HAVE A SHORT 7 TO 14 DAY PRESCRIPTION OF A STEROID YOU DO NOT NEED TO DISCONTINUE TAKING IT AS IT WILL NOT AFFECT THE RESULTS OF THE TEST.

## **YOU CANNOT UNDERGO ALLERGY TESTING IF YOU ARE ON THE FOLLOWING MEDICATIONS:**

### **BETA BLOCKERS** (Blood pressure and Heart medications)

ATENOLOL (TENORMIN)

CARVEDILOL (COREG)

LABETALOL (TRANDATE)

METOPROLOL (TOPROL, LOPRESSOR)

NADALOL (CORCARD)

PROPRANOLOL (INDERAL)

## **TRYCYCLIC ANTIDEPRESSANTS OR MOA INHIBITORS**

ELAVIL (AMITRIPTYLINE)	ASENDIN (AMOXAPINE)	PAMELOR (NORTRIPTYLINE)
ANAFRANIL (CLOMIPRAMINE)	NORPRAMIN (DRESIPRAMINE)	VIVACTIL (PROTRIPTYLINE)
SINEQUAN (DOXEPIN)	TOFRANIL (IMIPRAMINE)	SURMONTIL (TRIMIPRAMINE)
MAPROTILINE	REMERON (MIRTAZAPINE)	NARDIL OR NARDIO (PHENELZINE)
PARNATE TRANYLCPROMINE	EUTONYL (PARGYLINE)	EUTRON (METHYLCLOTHIAZINE)
FUROXONE (FUROZOLIDONE)	MATULANE (PROCARBAZINE)	PASNATE (TARNYLCPROMINE)

If you are taking any of the above medications (Beta blocker, Moa Inhibitor, Antidepressants) you will have to obtain permission from the physician who has placed you on that specific medication. They may taper the dose or hold the medication around the time of your testing. They will have to be stopped permanently if allergy shots are started.

**DO NOT STOP TAKING YOUR MEDICATION WITHOUT CONSULTING WITH YOUR PHYSICIAN FIRST**

## **DAY OF TESTING**

WEAR A SHORT SLEEVED SHIRT THAT IS NOT TIGHT ON THE UPPER PART OF THE ARMS SO THAT IT CAN BE ROLLED UP TO YOUR SHOULDERS OR A TANK TOP. THE TESTING IS PERFORMED ON THE UPPER PART OF YOUR BOTH YOUR ARMS.

PLEASE DO NOT BRING ANY CHILDREN TO YOUR APPOINTMENT UNLESS THEY ARE THE PATIENT.

IF YOU ARE UNABLE TO SPEAK OR UNDERSTAND ENGLISH, PLEASE BRING AN INTERPRETER WITH YOU TO YOUR APPOINTMENT THAT IS 18 YEARS OF AGE.

DO NOT WEAR PERFUME OR COLOGNE OR PUT ON ANY LOTION TO YOUR ARMS THE DAY OF YOUR TESTING.

PLEASE BE ON TIME AND ATLEAST 5 MINUTES EARLY TO ALLOW SUFFICIENT TIME FOR YOU TO BE CHECKED IN FOR YOUR APPOINTMENT AS TESTINGS ARE USUALLY SCHEDULED BACK TO BACK.

- ❖ ALLERGY TESTING IS APPROXIMATELY \$1080 AND IS USUALLY COVERED BY INSURANCE DEPENDING ON YOUR PLANS BENEFITS. YOUR BENEFITS WILL BE VERIFIED AND YOU MAY BE CONTACTED DEPENDING ON THE AMOUNT OF YOUR ESTIMATE FOR THE TESTING.
- ❖ 24 HOUR NOTICE IS REQUIRED TO CANCEL YOUR ALLERGY TEST. IF INSUFFICIENT NOTICE IS NOT GIVEN AND/OR YOU DO NOT SHOW UP FOR YOUR SCHEDULED APPOINTMENT YOU WILL BE BILLED \$100.
- ❖ NO FUTURE TESTING APPOINTMENTS WILL BE SCHEDULED UNTIL THE FEES ARE PAID.