



INSTRUCTIONS FOR ALLERGY TESTING

Your appointment for allergy testing has been scheduled for: _____ at _____.

DO NOT TAKE ANY ANTIHISTAMINES FOR 5 DAYS PRIOR TO TESTING.

This includes prescriptions such as Allegra, Claritin, Benadryl, Xyzal, and Zyrtec, as well as over the counter antihistamines. Over the counter antihistamines are found in prescriptions such as cold tablets, cough syrups, and sleeping aids. See list of examples on back of sheet. **If you take more than one antihistamine, please call the office for additional instructions.**

If you cannot keep your appointment time for any reason, please call the office at least 72 hours prior to the scheduled time. This is a courtesy to other patients as well as our office staff.

Due to extended appointment times, and in accordance with our Financial Policy, there is a strict cancellation policy in effect of a \$75 fee for missed or cancelled appointments without 72 hours notice.

Please make us aware of any medications you are taking. **You cannot be skin tested if you are taking a Beta Blocker.** Beta Blockers are often prescribed for hypertension, cardiac problems, migraines, and eye problems. Examples include: Metoprolol, Propranolol, Carvedilol, etc. DO NOT stop these medications, but call our office for further instructions.

It is important that you complete all allergy questionnaires prior to coming in for testing. If you were not given or misplaced forms, they are available on our website. If you are having food testing make sure you complete a diet diary and food questionnaire. Please bring all forms to your testing appointment.

WHAT TO EXPECT:

Testing will take approximately 60 minutes to complete.

The method of allergy skin testing that our office performs is M.Q.T. (modified quantitative testing). This is a combination of prick and intradermal testing. This method of testing involves little or no pain however, positive reactions can cause itchy red bumps that can look like mosquito bites. The itching and bumps are usually gone shortly after the test but can last up to 24 hours. Allergens are applied to the skin using a plastic applicator. A timer is set for twenty minutes giving the skin enough time to react. After the twenty minutes the skin is wiped clean and the reactions are measured. This test is typically done on the forearms or the back of the patient. Please wear short sleeves or sleeves that are easy to roll up past your elbow to your appointment. A second method of testing will then be performed on your upper arms. This

involves the use of very small needles, with which the allergens are injected superficially under the top layer of skin. A timer is set for ten minutes giving the skin time to react. The skin is then wiped clean and reactions are measured.

You will be tested for environmental allergens, which includes pollen, pet dander, dust mites and mold. This appointment does not involve food allergy testing. If you wish to be evaluated for food allergies, you will need to schedule a separate appointment for testing.

You will be provided with a list of your positive responses.

You will NOT see a provider at this appointment. Follow-up appointments will be scheduled with a provider to review your results in more detail and discuss treatment options.

ADDITIONAL NOTES:

Wear comfortable clothing with short sleeves, or clothing that can be easily removed as the testing is typically done on the upper and lower arms, and occasionally on the back. Do not apply any lotions or wear any perfumes the day of testing.

If you are under the age of 18, a **parent** MUST accompany you, unless consent is given to the office for another guardian to accompany the patient.

If you are pregnant, please notify the office. We cannot skin test pregnant patients.

If your health insurance requires a referral form from your primary physician, it must be presented at the time of service or received in our office prior to the appointment.

If you are more than 10 minutes late for your scheduled time you may be asked to reschedule.

Please do not hesitate to contact us at any time if you have any questions before your appointment.

Antihistamines

To be held for a **MINIMUM of 5 DAYS** before allergy testing appointments.

<ul style="list-style-type: none"> · Actifed · Advil Cold, Flu, or PM preparations · Alaway (eye drops) · Alka-Seltzer · Allegra · Allerx · Antivert · Astelin · Astepro · Atarax · Atrohist · Azelastine · Benadryl · Bepotastine (eye drops) · Bromfed · Brompheniramine · Ceroxe DM · Ceterizine · Chloropheniramine · Chlor-Trimeton · Claritin · Clarinex · Codimal · Comtrex · Coricidin · Cyproheptadine · Comtrex · Desloratadine · Diphenhydramine · Dimetane · Doxylamine · Dramamine · Dura-Vent/DA 	<ul style="list-style-type: none"> · Dymista · Extenadryl · Efidac/24 · Epinastine (eye drops) · Fedahist · Fexofenadine · Hydroxyzine · Hycomine · Ketotifen (eye drops) · Kronofed · Levoceterizine · Loratadine · Meclizine · Motrin Allergy, Cold & Flu, or PM · Mucinex Allergy · Naldacon · Nolahist · Nalamine · Novafed · Nyquil · Ornade · Olopatadine (eye drops) · Palgic · Pataday (eye drops) · Patanase · Patanol (eye drops) · Pediacare Cough-Cold · Periactin · Phenergen · Pheniramine (eye drops) · Promethazine · Robitussin Night-Time, Cold, or Cough & Cold preparations · Rondec 	<ul style="list-style-type: none"> · Ryna Liquid · Rynatan · Semprex · Sine-Off · Sinutab Sinus Allergy · Sudafed Cold & Allergy, PE Severe Cold, Sinus & Allergy, or Nighttime preparations · Tagament · Tannafed · Tavist · Teldrin · Theraflu · Triaminic · Triaminicin · Tritann · Tussend · Tussi-12D · Tussicaps · Tussionex · Tylenol Allergy, Cold, Flu, or PM preparations · Unisom · Vicks Formula 44 Cough & Cold or Flu · Vistaril · Xyzal · Zaditor (eye drops) · Zantac · Zyrtec
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Wording that indicates medicine which may contain an antihistamine: Allergy, Cold, Flu

There are many generics for the above medications. If you were prescribed an oral medication for cough or allergies that is not listed on the above list, please call our office (610-874-5366) to check to see if the medication will interfere with your test.