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INFORMATION FOR ALLERGY SKIN TESTING

Your physician has recommended allergy skin testing. Testing for inhalants (grasses, trees, weeds, dust and molds) takes approximately one hour to complete. Food testing takes approximately thirty minutes. You will be required to wait an additional thirty minutes after testing for monitoring of possible allergic response.

Your appointment is scheduled for:

_____ at _____ in our _____ office 1 hour -1 1/2 hour

There are some restrictions prior to testing:

1. Patients who are on beta-blockers (some blood pressure and migraine medications are beta-blockers) may **not** take medicine the day of testing and may resume after testing (**SEE ATTACHED LIST FOR SPECIFIC NAMES OF BETA-BLOCKERS**). If you are not able to discontinue this medication, an alternate type of allergy testing may need to be scheduled. You may discuss this with the allergy coordinator.
2. Antihistamines must be discontinued for 5 days prior to the testing. The more common ones are Clarinex, Allegra and Zyrtec. **SEE ATTACHED LIST FOR SPECIFIC NAMES OF ANTIHISTAMINES.**

The testing works on a histamine response. The use of antihistamines would interfere with test results.

Decongestants (Sudafed, Pseudoephedrine, and Phenylephrine) may be continued as long as they are not in combination with any antihistamines.

Nasal steroid sprays (Flonase, Rhinocort, Nasacort, Nasonex, and Nasarel) may also be continued.

Singulair may also be continued.

INSURANCE INFORMATION:

If you have a referral-based insurance, you will need to obtain a referral for this service.

Specific CPT Code (insurance codes) for testing are 95004, 95027 and 95024.

Referrals may have with the above number(s) or **Eval and Treat**. It is advisable to call the 800 number on your insurance card to inquire whether the above codes (for allergy skin testing) are a covered service on your plan.

INFORMATION ABOUT THE TESTING PROCEDURE:

The first portion of the test involves the use of a test device that applies multiple tests to the skin of the forearm. Please wear short sleeves. The device causes slight pressure to the skin and minimally abrades the skin surface. The allergens applied by droplet may cause itching of the skin in patients with significant sensitivity. After the first application you will sit for 20 minutes after which the responses are read.

The second portion of the test is done with intradermal injections (very superficial injections administered with a very small needle) into the skin of the upper arm. You will wait for 15-20 minutes after which the responses are measured. The quicker the response occurs, the more significant your allergy to that particular inhalant. This portion of the test may be repeated. The test could take up to one hour.

Foods are tested at the same visit as inhalants. Food testing is done with the testing gadget (prick test) only and does not require interdermal injections. That visit is usually completed within 30 minutes.

If you have any questions regarding the testing, you may contact your allergy coordinator.

An hour of time is set aside for your testing. Many patients are waiting for these appointments. Please arrive promptly. We will have to reschedule your appointment if you arrive any later than 15 minutes past your scheduled time.

48 hour notice is required if you need to cancel your testing for any reason. A fee of \$50.00 is charged to your account if you fail to cancel or miss your appointment.