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## INSTRUCTIONS PRIOR TO ALLERGY TESTING

This test takes approximately 1 ½ - 2 hours. We will be testing you for the predominant inhalant allergens in our area: Grasses, trees, weeds, cats, dogs, horses, feathers, cockroaches, dust mites and molds. There are some foods associated with these allergens but we will not be testing you for food allergies during this test. If you are interested in food testing, we will discuss this with you following the testing. This is a test that is dependent on histamine response, so please observe the following instructions prior to testing.

1. Discontinue use of nasal sprays for 3-5 days prior to testing.
2. Discontinue use of antihistamines for 5 days prior to testing (Benadryl, Allegra or fexofenadine, Zyrtec or cetirizine, Xyzal, Claritin or loratadine, Clarinex, etc.). Over-the-counter medications can include antihistamines (i.e., cough syrups, cold remedies, etc.).
3. Discontinue reflux medications contain H<sub>2</sub> blockers for 5 days: Tagamet or cimetidine, Zantac or ranitidine, Pepcid, Pepcid AC or famotidine, and Axid or nizatidine. Prilosec or Nexium do not contain H<sub>2</sub> blockers – you may take these up to and through testing if needed.
4. Anxiolytics (Xanax, Valium, Lorazepam, etc.) and tricyclic antidepressants (Amitriptyline, Nortriptyline, etc.) can affect testing so let us know if you take these medications. They **cannot be discontinued without doctor advisement.**
5. Discontinue steroid based inhalers for 5 days. (Advair, Dulera, Qvar, Symbicort, Azmacort). Bronchodilators (Albuterol, Proventil, Ventolin) do not affect skin test results. You may take these up to and through testing if needed.
6. If you have had a steroid shot, steroid dose pack, or prednisone, this may affect testing. Please notify our office.
7. Please read through the BETA BLOCKER consent form carefully and if on beta blocker (heart/blood pressure medicine) leave off for 24 hours prior to testing.
8. Discontinue caffeine, caffeinated beverages, or stimulants for 24 hours prior to testing (i.e., coffee, tea, soft drinks, chocolate, chocolate milk, diet pills, decongestants, etc.). A light meal prior to testing is advised to prevent lightheadedness but avoid anything containing caffeine.
9. On the day of testing, wear comfortable clothing. Sleeveless or tank tops are preferred since we will do the testing on both arms starting at the shoulder. PLEASE REFRAIN FROM WEARING ANY PERFUME OR COLOGNE DURING TESTING.
10. If you are pregnant or suspect pregnancy, testing is not recommended. Please advise our office to postpone testing.
11. This test requires a series of up to 65-70 intradermal injections (similar to TB skin test) using both arms. Most adults can tolerate this with no problem, but if you would prefer the top layer of skin on your arms to be numbed for this process, you may request a prescription for medication for numbing. Please call our office in advance of testing for the prescription and instructions in applying the medication.
12. If you have a history of fainting or getting sick when you receive shots please notify us before testing.

**YOUR RESERVED ALLERGY TESTING TIME IS:**

**DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_

WE ALLOT **TWO HOURS** FOR THIS TESTING. PLEASE MAKE EVERY EFFORT TO KEEP THIS APPOINTMENT OR NOTIFY OUR OFFICE WITHIN 72 HOURS IN ADVANCE. **FAILURE TO GIVE ABOVE NOTIFICATION OF CANCELLATION WILL RESULT IN \$100.00 CANCELLATION FEE.**