



INSTRUCTIONS TO FOLLOW PRIOR TO ALLERGY TESTING

ONE MONTH: Prior to testing, **STOP** all steroid medications (including nasal sprays). These include Prednisone, Medrol Dose Pack, Depo-Medrol injections, Solu-Medrol injections and Cortisone.

TWO WEEKS: Prior to testing, **STOP** all prescription and over-the-counter antihistamines (this includes Benadryl, Sudafed and cold and sinus meds). Check with your doctor for any medications you may be taking which have an antihistamine effect. Also, stop certain ulcer medications.

TWO DAYS: Prior to testing, **STOP** all alcohol, chocolate, coffee and all other caffeine products (i.e. Pepsi, Coke, Mountain dew, etc).

DAY OF APPOINTMENT: Please be sure to eat breakfast or lunch (whichever appropriate) on the day of your test, and wear loose-fitting clothes so your arms can be easily accessed. *And for the benefit of all concerned, please refrain from wearing any perfume or cologne to the office. These chemicals are very irritating to those who have allergies. Thank you for your cooperation & consideration!*

SEE BELOW FOR A COMPLETE LIST OF MEDICATIONS TO BE DISCONTINUED

• ANTIHISTAMINES

Allegra	Clarita	Prorex 25 & 50	Seldane	PBZ & PBZ-SR
Mizolastine	Promethazine	Terfenadine	Tripelennamine	Taqamet
Zantac	Tofranil	Chlorpromazine	Thorazine	Cimetidine
Ranitidine	Ketotifen	Imipramines	Phenothiazines	Hismanal
Astelin	Optivar	Zyrtec	Aller-Chlor	C.P.M.
Chlo-Amine	Chlor-Mal	Chlor-Phenit	Chlor Trimeton	Chlorphen
Effidac-24	Ridraman	Allerhist-1	Contac 12 Hour	Tavist-1
Periactin	Actifed Sinus Day	Aler-Dryl	Banophren	Benadryl
Calm-Aid	Compoz Nighttime	Sleep Aid	Diphedryl	Diphen
Genahist	Hydramine	Nu-Med	Nytol Caplet	Scot-Tussin Allergy
Relief Formula	Sominex	Twilite	Tylenol PM	Atarax
Adapin	Sinequan	Zonalon	Phenegran	Unisom Sleepgels
Rezine	Vistanil	Promentazine	Quintadrill	Maximum Strength

• TRICYCLIC ANTIDEPRESSANTS

Adapin	Doexpin	Anaframil	Clomipramine	Asendin
Aventyl Hydrochloride		Elavil	Amitriptyline	Endep
Etrafon	Limbitrol	Norpramin	Desipramine	Pamelor
Nortriptyline	Sinequa	Doxepin	Surmontil	Trimipramine
Tofranil	Vanatrip	Vivactil	Zonalon	Doxepin
Imipramin	Protriptylin			

• BETA ADRENERGIC BLOCKING AGENTS

****If you are taking any of these medications call office immediately****

AK- Beta	Levobunolol	Betagan	Betapace Tablets	Sotalol
Betimol	Timolol	Normodyne	Labetalol	Ocumeter
Ocupress	Carteolol	Sectral Capsules	Acebutolol	Sorine
Sotalol	Adalat & CC	Nifedpine	Calan & SR	Verapamil
Cardene & SR	Nicardipine	Nebivolol (Bystolic)	Sotalol (Betapace)	Diltiazem
Corvera HS	Verapamil	Atenolol (Tenormin)	Bisoprolol (Zebeta)	Carvedilol (Coreg)
Labetalol (Trandate)		Metoprolol (Lopressor, Toprol XL)		
Propranolol (Inderal)		Cardizem CD, SR, XT, XR, XT		





NOTICE OF ALLERGY TESTING CANCELLATION POLICY

Due to the time it takes our staff to prepare the allergy serum and to obtain authorization with your insurance provider, we kindly request a 72-hour notice when cancelling a scheduled allergy test appointment. If you do not cancel your testing at least 72 hours in advance, you will be billed a fee of \$75.00.

Exclusions to this policy may include emergency situations, which will be taken into consideration on an individual basis.

By signing below, I agree to pay a fee of \$75.00 if I do not abide by the Allergy Cancellation Policy as outlined above:

Patient Name (please print): _____

Patient or Legal Guardian Signature

Date



WHAT IS ALLERGY TESTING?

There are two ways we test for allergies:

1. The RAST blood test. This will be sent to an antigen laboratory to be tested and the results will be sent to our office in about two weeks.
2. The Set Skin Test. Intradermal testing offers immediate results to your specific allergies, and are considered more accurate over the RAST blood test.

WHAT AM I TESTED FOR?

<p><u>WEEDS</u> Cocklebur Kochia Burweed Marsh Elder Pigweed English Plantain False Ragweed Russian Thistle Desert Sage Wingscale European Privet</p>	<p><u>TREES</u> Ash Box Elder Maple Cottonwood Elm Juniper/Cedar Oak Olive Pine</p>
<p><u>GRASSES</u> Bermuda Grass Timothy Grass</p>	<p><u>MOLDS</u> Alternaria Aspergillus Candida Helminthosporium Hormodendrum Rhizopus</p>
<p><u>DUSTS</u> Dust Mite Farinae Dust Mite Pter.</p>	<p><u>DANDERS</u> Dog Hair Cat Hair Horse Hair</p>
<p><u>FOOD*</u> Soy Wheat Eggs Cow's Milk Corn</p> <p style="text-align: right;"><i>*RAST Test only</i></p>	

WHAT IS THE COST OF THESE TESTS?

The RAST test is \$25 for us to draw your blood. The LAB also charges a fee to process your blood and this cost can vary. You must contact the lab for the specific cost. The skin testing varies on cost, depending upon the number of injections needed to determine the level of reaction to each allergen. There are usually anywhere from 80 to 100 intradermal allergens injected during the test. Cost of this test will also depend on your specific insurance plan and coverage. We recommend contacting your insurance provider for a full list of benefits under your specific plan.



GENERAL ALLERGY INFORMATION

The substances which are capable of producing allergic reactions are called allergens. When a particular allergen is absorbed by the body, the minute cells in the tissues manufacture a special substance called antibodies, which interact with it. Chemicals may be released that produce irritation in the susceptible tissues; for example, the nose, the bronchial tubes and the skin.

The range and variety of things to which a susceptible person may become sensitive are almost endless. Sensitivity usually occurs only after repeated exposure to the substance. Allergic patients may be sensitive to more than one allergen.

The tendency to become sensitive or allergic to some foreign substance is usually inherited. It also appears what one will become sensitive to depends, in part, upon the amount of exposure to any foreign substance or allergen. Thus, an individual who has inherited the tendency to become sensitive to cow's milk shortly after birth, and then may become sensitive to dog hair at the age of six after acquiring a dog and then, throughout his life, may develop new sensitivities as his new environment subjects him to new exposures. The previous sensitivities may remain or be lost.

There are three basic methods of treating allergies:

1. Removal of allergens from the environment.
2. The use of antihistamines to control symptoms.
3. Injection of small amounts of antigen given weekly as an attempt to build up resistance to allergens.

The elimination of the offending allergen from the environment is the best method of treatment. This treatment is attempted in many ways, some of which will be discussed later. The second method, the use of medication, often causes drowsiness or other unwanted effects. The third method, referred to as "desensitization by injection," is necessary when offending allergen cannot be totally eliminated. This type of treatment is utilized when the sensitivity is to allergens such as grass, ragweed, tree pollen and dust.

One of the most important allergens to be controlled is a substance called house dust. It is a complex conglomeration of microscopic particles in our homes and buildings, resulting primarily from rugs, drapes, upholstered furniture, bedding etc. There are two ways that you can significantly decrease this allergen: First, remove all feather containing articles from your home. Remember that a down quilt or comforter is made of feathers. Be sure sleeping bags, blankets and bed spreads are nylon, Dacron, polyester or any other synthetic material. Second, blankets should be washed every 4-6 weeks and pillows replaced every year. If your foam pillow shows evidence of flaking, discard it. The flaking may be due to mold growth in the pillow and it should not be used. Waxed wooden floors are the best protection against house dust in the bedroom. There should not be any shag rugs in the house since they hold the most dust particles. Rug pads should be pure foam

rubber pads, not fiber, felt or hair. "Allergex," a house dust control product, can be sprayed on rugs, walls, curtains and bedspreads for dust immobilization, but this treatment should not be a substitute for cleaning and removing dust from the home.

For those of you who share your home with pets, special work is needed. Pets, especially dogs, cats and birds, all have a peculiar ability to prevent recovery from allergic problems, without appearing to be a significant part of the problem. Equally important is the fact that adequate treatment cannot be achieved against them as long as they are permitted to be in your home, basement or family automobile. Your injection(s) will be more beneficial if you are not in constant contact with the pet(s). There is no significant difference between species of dogs and the length of their hair as far as allergenicity is concerned. Do not be deceived by magazine articles or dog breeders in this respect.

Tobacco is an irritant as well as an allergen. People who have allergies should not smoke and should avoid people who do. Rugs, curtains and upholstered furniture hold smoke particles; therefore, there should be no smoking in the home.

The final group of allergens that are of tremendous importance in many allergic problems are the mold spores. Mold or fungi are present in all plants, in the soil and in our homes. Molds grow under the refrigerator, the sinks, the dishwasher, washing machine, behind the toilet and on the shower door and curtains. A damp basement is also a great place for mold growth. A "Zephiran" solution can be used to wash or spray these areas to inhibit mold formation. The solutions can be made with one ounce of 17% Zephiran added to one gallon of distilled water.

Every method of treatment is aimed at producing an allergic equilibrium or balance, but other factors play a part in disturbing the equilibrium adding additional burdens that will allow an allergic attack to develop. The most common contributions to such a destruction of balance are: infections, fatigue, emotional excitement, over-exertion and dramatic temperature changes. These factors must be taken into consideration too.