

A Patient's Guide: Preparing for your Allergy Testing



A DIVISION OF PROLIANCE SURGEONS

Welcome to the Allergy division of the Otolaryngology department at Minor & James Surgical Specialists. We look forward to providing you with the best possible care. Our goal is to see that your entire experience is outstanding from start to finish.

Please take a moment to review the following clinic policies. Failure to follow these detailed instructions may prolong your appointment or result in rescheduling for another date.

- 1. Cancellation Policy:** Out of courtesy to our staff and other patients, please be aware that you will be charged a \$100 cancellation fee if you do not provide at least 48 hour notice should you need to cancel or reschedule your appointment. This fee is not billable to your insurance and will be charged to your account in the office. Exceptions will be made on an emergency basis only.
- 2. Medications:** It is very important that you read the attached list of medications that need to be stopped or avoided before testing can be done. If you do take a medication that interferes with allergy testing, please call to discuss or reschedule your testing appointment.
- 3. Clothing:** Please wear either a comfortable t-shirt or tank top. Testing is done on both arms, up to the shoulders, both lower and upper.
- 4. Food/Drink:** There are no restrictions on what you eat or drink prior to testing. You are welcome to bring something to drink into the test with you if you would like.
- 5. Perfume/Cologne/Body Lotion:** Please do not wear any on the day of testing. Deodorant is fine.
- 6. Financial Information:** It is your responsibility as the patient to contact your insurance company in regards to coverage and benefits. Most insurance companies do cover allergy testing. Questions about billing can be answered by calling our business office at 206-386-3848

Allergy Testing Appointment

Appointment Date: _____

Please arrive at: _____

If you arrive late, your appointment will be rescheduled.

Physician Follow Up Appointment

Dr. John Burgoyne

Dr. Calvin Knapp

Dr. Chad Ruffin

Appointment Date: _____

Appointment Time: _____

The allergy testing appointment will take roughly 90 minutes. You will then follow up with your doctor on the same day with the results or make a follow up appointment if you can't be seen right after the allergy testing.

Please make other arrangements for children, as we are not able to accommodate them during testing.

For any questions about testing, contact Jamie at j.gilman@proliancesurgeons.com

4 Things to Know About Allergies

1

What is an allergy?

An allergy is an abnormal reaction of your immune system. The immune system's job is to identify harmful foreign substances, such as bacteria and viruses, and get rid of them before they make you sick. The immune system does this by creating antibodies to combat these foreign invaders. The excessive production of these antibodies triggers the release of histamine and other chemicals in your body. These chemicals stimulate your glands to secrete mucus, tears and saliva, accounting for runny nose, eye congestion and coughing often associated with allergies. They also cause swelling resulting in that stuffed up feeling in your nose, chest and ears. Headaches, hives, itchiness, sinus infections and asthma can also be associated with your allergies.

2

Why do you have allergies?

No one is born with allergies but one can inherit a tendency to develop them. Allergies can show up in childhood, during teen years or as an adult. Although allergies tend to run in families you may have different allergies from other members of your family. Studies show that the more you come into contact with an allergen, the more likely you are to develop an allergy to it. In some people, allergic symptoms may be triggered by many non-allergic factors including emotional stress, fatigue, infection, pollution and weather changes. This may explain why you may react severely to allergens one day and not at all the next day. The triggering factors add up to what doctors call an allergic load (the amount of allergens your body can handle at any given time). If you exceed your allergic load, symptoms will develop.

3

What is an allergy test?

In order to control your allergies, you must first be tested. The type of test we do is a combination of prick and intradermal skin testing. This testing involves injecting tiny amounts of antigens just under the skin. The resulting wheal (bump) will grow larger if you are allergic to the given antigen. Because a small needle is used and only small amounts of antigens are injected, the test will not be as painful as a shot would be. Any reactions will occur within 10 to 20 minutes. Most wheals will disappear within a couple hours. Occasionally the wheals may last a few days to a week with some itching; this is nothing to worry about.

4

What are we testing for?

We will be testing you for inhalants known to cause allergies for people living in the Northwest. These include dust mites, cats, dogs, molds and pollens. We do not test for foods as we're interested in your sinuses and breathing issues. You will know the results of these tests before you leave the office.

Allergy Testing Medication Instructions

STOP 7 DAYS PRIOR TO TESTING

Anti-Anxiety Medications

Atarax
Clonazepam
Hydroxyzine
Klonopin
Vistaril

Herbal Supplements

Astragalus
Feverfew
Green Tea
Licorice
Milk thistle
Saw Palmetto
St. John's Wort

MAO Inhibitors

Carbex
Eldepryl
Enerzer
Isocarboxazid
Marplan
Marplon
Nardil
Parnate
Phenelzine
Selegiline
Tranlycypromine

Tricyclic Antidepressants

Adapin
Amoxamine
Amitriptyline
Anaframil
Asendin
Aventyl HCL
Clomipramine
Desipramine
Doxepin
Elavil
Endep
Etrafon
Imipramine
Limbital
Norpramin
Nortriptyline
Pamelor
Protriptyline
Sinequan
Surmontil
Tofranil
Trimipramine
Vivactil
Zonalon

Antihistamines

Actifed Sinus	Chlorpromazine	Evastin	Patanase
Allegra	Chlo-Amine	Fexofenadine	Phenergan
Allegra-D	Chlor-Phenit	Genahist	Polaramine
Aler-Dry	Chlor-trimeton	Hismanal	Promethazine
AllerClear	Cistin	Hydramine	Prorex 25 & 50
Aller-Chlor	Clarinox	Hydroxyzine	Pyrilamine
Allerhist 1	Claritin	Ketotifen	Quintadrill
Astelin	Claritin D	Largactil	Rezine
Astemizole	Clemastine	Levocabastine	Ridraman
Astepro	Contact 12 Hour	Levocetirizine	Tacaryl
Atarax	CPM	Livostin	Tavist Periactin
Azatadine	Cyproheptadine	Loratadine	Temaril
Azelastine	Desloratidine	Meclastin	Terfenadine
Banophen	Dexchlorpheniramine	Metdilazine	Thorazine
Benadryl	Dimetane	Mequitazine	Trimeparazine
Bepotastine	Diphen	Mizolastine	Tripelennamine
Bepreve Eye Drops	Diphenhydramine	Nisaval	Tripolidine
Brompheniramine	Diphedryl	Nolahist	Vistanil
Carbinoxamine	Ebastel	Nu-Med	Vistaril
Cetirizine	Ebastine	Nyquil	Xyzal
ChlorMal	Efedrac-24	Olopatadine	Zatiden
Chlorphen	Elestat Eye Drops	Optimine	Zatidor
Chlorpheniramine	Epanastine	Optivar	Zyrtec

Sleep Aids Containing Diphenhydramine

Advil PM	Compoz	Nytil	Tylenol PM
Aleve PM	Excedrin PM	Sominex	Unisom
Calm-Aid Caplet	Midol PM	Twilite	

All products containing diphenhydramine must be avoided. However, pseudoephedrine (brand name Sudafed) is NOT considered an antihistamine and is OK to use if needed. Some patients find it makes them more comfortable prior to testing

H-2 Blockers

Pepcid
Zantac
Tagamet

Leukotriene Inhibitors

Singulair
Accolate
Zyflo

Anti-Nausea

Meclizine
Bonine
Dramamine
Compazine

Anti-Epileptic

Lamictal
Lamotrigine

Concerning Nasal Sprays

Corticosteroid nasal sprays such as Flonase (Fluticasone), Nasonex (mometasone furoate), Nasacort (triamcinolone), etc. are fine to continue using prior to your test. Please avoid any antihistamine nasal sprays (Astelin, Patanase, Astepro). Please call us at 206-682-6103 if you have any questions.

IMPORTANT

Please call our office if you are taking any of the following medications. Do not discontinue unless you have spoken to one of our clinical staff members.

Beta Blockers

Acebutolol	Levatrol
Atenolol	Lopressor
Betapace	Metoprolol
Betaxolol	Nadolol
Bisoprolol	Nebivolol
Blocarden	Normodyne
Brevibloc	Penbutolol
Bystolic	Pindolol
Carteolol	Propranolol
Cartrol	Sotalol
Carvedilol	Tenormin
Corgard	Timolol
Coreg	Toprol XL
Esmolol HCl	Trandate
Inderal	Viskin
Kerlon	Zebeta
Labetalol	

Eye Drops - Beta Blockers

AK Beta
Betagan
Betaxolol
Betoptic
Carteolol
Levobumolol
Liquifilm
Metipranolol
Ocupress
Optipranolol
Timolol
Timoptic

Beta Blockers with Diuretic

Corzide
Inderide
Normozide
Tenoretic
Timolide
Trandate & HCT
Ziac

Beta Blockers are commonly used for blood pressure and heart conditions. Should you get a severe reaction to the allergy skin testing, the antidote we administer would be ineffective. For your safety, you may not receive allergy testing or immunotherapy (allergy shots) if you are taking this type of medication.

Please contact our office at 206-682-6103 to discuss treatment options.