

MINOR & JAMES MEDICAL



ALLERGY TESTING CHECKLIST

**Please arrive 15 minutes before your scheduled appointment.
If you arrive late, your appointment may be cancelled.**

APPOINTMENT DATE _____ **AT** _____ **for testing**

DOCTOR _____ **AT** _____ **for follow up**

1) Call your insurance company; ask if allergy testing is a covered benefit on your insurance plan. Ask if the following CPT codes (billing codes) are covered:

- **95004** - MQT prick tests
- **95024** - Airborne Allergens
- **95015** - Food prick tests - five only

These codes are the tests we do and if they are not covered you will have to pay out of pocket to do them. If they are not covered, contact your doctor and ask what other types of testing can be done. Some insurance companies require a referral. Please ask your insurance company if one is needed and if so, ask your primary care doctor to give you one.

2) **MEDICATIONS:** It is very important that you read the attached list of medications that need to be stopped and or avoided before testing can be done.. If you do take a medication that interferes with allergy testing please call to reschedule your testing appointment.

3) **CLOTHING:** Please wear or bring with you either a T shirt, tank top, or other short sleeve shirt.

4) **FOOD/DRINK:** Make sure you eat or drink something with calories and sugar (soda, juice etc.) prior to the appointment.

5) **PERFUME/COLOGNE:** Please do not wear any on the day of testing.

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

7) Out of courtesy to our staff and other patients, please be aware that you will be charged a \$100.00 cancellation fee if you do not provide at least 72 hours 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.

***** If you have any questions, please contact the Allergy Department.**

Judy, Allergy Nurse 206-838-9534

Jamie, Allergy Tech 206-838-9505 (scheduling)

ALLERGY INFORMATION

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.

If you have allergies, your immune system mistakenly identifies **allergens** (such as dust mites, animal dander, mold spores, pollens, foods, or drugs to name a few) as being harmful, and produces antibodies against them. The excessive production of these **antibodies**, also known as IgE, triggers the release of histamine and other chemicals in your body. These chemicals stimulate your glands to secrete mucus, tears, and saliva- accounting for a runny nose, eyes 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, asthma, and abdominal cramps can also be associated with your allergies.

Why do you have allergies?

You may wonder why 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 in adulthood. Although allergies tend to run in families you may have different allergies from other members in 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.

What are you allergic to?

In order to control your allergies, you first must be tested. The type of test we do is a combination of **prick and intradermal skin testing**. This test involves the injection of tiny amounts of any given antigen just under the skin of your upper arm. 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 5 to 15 minutes. Most wheals will disappear within a couple of hours. Occasionally a delayed reaction will cause the wheals to last a few days this is nothing to worry about. You should call the office if your wheal becomes bigger than a quarter in size.

What types of allergens are we testing for?

We will be testing you for inhalants known to cause allergies for people living in the Northwest. We will also be testing for several food allergies; you will know the results of these tests before you leave the office. After testing is completed, you will need to have a follow up appointment with your doctor to determine if a treatment plan is needed.

STOP 7 DAYS PRIOR TO TESTING

TRICYCLIC ANTIDEPRESSANTS

Generic Name	Brand Name
Amoxampine	Asendin
Amitriptyline	Elavil
	Endep
	Etrafon
	Limbitrol
	Vanatrip
Clomipramine	Anaframil
Desipramine	Norpramin
Doxepin	Adapin
	Sinequan
	Zonalon

Imipramine	Tofranil
Nortriptyline	Aventyl HCl
	Pamelor
Protriptyline	Vivactil
Trimipramine	Surmontil

ANTI-ANXIETY MEDICATIONS

Generic Name	Brand Name
Clonazepam	Klonopin
Hydroxyzine	Atarax
	Vistaril

MAO INHIBITORS

Generic Name	Brand Name
Isocarboxazid	Enerzer
	Marplan, Marplon
Phenelzine	Nardil
Selegiline	Carbex
	Eldepryl
Tranylcypromine	Parnate

HERBAL SUPPLEMENTS

Astragalus
Licorice
Green tea
Milk Thistle
Saw Palmetto
St. John's Wort
Feverfew

DO NOT STOP TAKING THESE - CALL OUR OFFICE TO INFORM US

BETA BLOCKERS

Generic Name	Brand Name
Acebutolol	Secretal
Atenolol	Tenormin
Betaxolol	Kerlone
Bisoprolol Fumarate	Zebeta
Carteolol	Cartrol
Carvedilol	Coreg
Esmolol HCl	Brevibloc Injection
Labetalol Hydrochloride	Normodyne
	Trandate
Metoprolol Succinate	Toprol XL
Metoprolol Tartrate	Lopressor
Nadolol	Corgard
Nebivolol	Bystolic
Penbutolol Sulfate	Levatrol
Pindolol	Viskin
Propranolol	Inderal
	Ipran
Sotalol	Betapace
Timolol Maleate	Blocarden

EYE DROPS - BETA BLOCKERS

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

BETA BLOCKER CHEMICALS

Acebutolol	Nadolol
Atenolol	Penbutolol
Carteolol HCl	Pindolol
Esmolol	Proanolol
Metoprolol	Timolol

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. We need you off of them for 7 days prior to testing. For your safety, you may not receive immunotherapy (allergy shots) if you are taking this type of medication.

BETA BLOCKERS WITH DIURETIC

Corzide	Timolide
Inderide	Trandate & HCT
Normozide	Ziac
Tenoretic	

Lamictal, Lamotrigine

Rev 3/10/11

STOP 48 HOURS PRIOR TO TESTING

ANTI-HISTAMINES

Generic Name	Brand Names	Generic Name	Brand Names
Azatadine	Optimine		Diphen
Azelastine	Astelin, Astepro		Genahist
	Optivar		Hydramine
Astemizole	Hismanal		Nu-Med
Brompheniramine	Dimetane		Nytol Caplet
Carbinoxamine	Cistin		Scot-Tussin Allergy Relief
Cetirizine	Zyrtec		Sominex
Chlorpheniramine	Aller-Chlor		Twilite
	Chlor-trimeton		Tylenol PM
	Chlo-Amine		Unisom
	Chlor-Al Rel	Ebastine	Ebastel
	ChlorMal		Evastin
	Chlor-Phenit	Fexofenadine	Allegra
	Chlorphen		Allegra-D
	CPM	Hydroxyzine	Atarax
	Effidac-24		Rezine
	Ridraman		Vistaril, Vistanil
Chlorpromazine	Thorazine	Ketotifen	Zatiden
Clemastine	Allerhist 1	Levocabastine	Livostin
	Contact 12 Hour	Levocetirizine	Xyzal
	Tavist	Loratadine	Claritin, Claritin D
Cyproheptadine	Periactin	Mequitazine	Quintadrill
Desloratidine	Clarinex	Methdilazine	Tacaryl
Dexchlorpheniramine	Polaramine	Mizolastine	
	Actifed Sinus		
Diphenhydramine	Day	Olopatadine	Patanase
	Advil PM	Promethazine	Phenergan
	Aleve PM		Prorex 25 & 50
	Aler-Dryl	Pyrilamine	Nisaval
	Banophren	Terfenadine	Seldane
	Benadryl	Trimeparazine	Temaril
	Calm-Aid	Tripolidine	Myidyl
	Compoz Night-time Sleep Aid		
	Diphedryl	Tripelennamine	PBZ

STOP 48 HOURS PRIOR TO TESTING

H-2 Blockers	Leukotriene Inhibitor
Pepcid	Singulair
Zantac	Accolate
Tagamet	Zyflo

Anti-nausea
Meclizine
Bonine
Dramamine
Compazine