

Information on Skin Testing

Please review 1 week prior to testing

Your Doctor has ordered an allergy test for you. Your appointment has been made for:

_____ at _____ **AM/PM** at our
(date) (time)

Foulkstone/ Iron Hill/ Middletown office.

Please be aware that if you fail to arrive for your appointment on time, **you will be rescheduled.**

We ask that you please notify us **at least TWO working days in advance** if you will be unable to keep your appointment, so that we can give that time to another patient who is waiting for skin testing.

It is important that you call your insurance company and **verify coverage** for allergy testing. Please bring **your insurance card and photo ID**. If your health insurance requires a **referral** form from your primary care physician, it must be presented at the time of service or received in our office prior to the appointment time. The referral must specify **"Allergy Testing, Treatment, and Serum"**.

If the testing is not covered under your insurance plan, the fee for this procedure is \$10 per test/\$100 per tray and \$12 per intradermal test.

We use a prick method, which involves a series of small plastic applicators that carry a specific antigen that is placed on your arms. Except for food allergy, if your prick skin tests are negative but your physician still suspects you might have allergies, more sensitive "intradermal" tests may be used in which a small amount of allergen is injected within the skin. Skin testing is relatively painless, but you can ask for a numbing cream "EMLA" and apply the cream 1-hour before testing if you wish. *NOTE: EMLA cream is not used in patients younger than two years old or in patients with an acute flare up of eczema.*

The testing generally takes around 1 hour. Please remember to wear comfortable clothing with short sleeves. This is a scent-free office. Please refrain from using strong, odor-emitting items, such as perfumes and scented soaps.

If you have a positive skin test, you will get an itchy bump at the site that can last a few hours. Very rarely, you could get itchy nose and sneezing, hives, wheezing or a more severe allergic reaction. In case of these extremely rare events, our staff is fully prepared with emergency equipment and a healthcare provider is always on site.

To ensure accurate testing results, certain medicines should be stopped prior to testing, although you should not stop medicines without talking to your prescribing physician.

Medications that interfere with testing include but are *not limited to*:

Antihistamines* are medicines used to treat allergies, nausea, and dizziness. Many are found in over the counter cold medicines. Please discontinue them as follows:

*STOP 5 days prior	STOP nasal sprays 3 days prior
Allegra (fexofenadine) Atarax (hydroxyzine) Clarinet (desloratadine) Claritin (loratadine) Periactin (cyproheptadine) Xyzal (levocetirizine) Zyrtec (cetirizine)	Astelin (azelastine) Astepro (azelastine) Dymista (azelastine and fluticasone) Patanase (olopatadine)
STOP 3 days prior	STOP 1 day prior
ANY over the counter allergy/cold medicine ALL PM medications containing diphenhydramine (Benadryl) or chlorpheniramine (Chlor-Trimeton)	Allergy eye drops: Prescription or over the counter
STOP herbal supplements 5 days prior	
Feverfew Green tea Licorice	Saw Palmetto St John's Wort

Anti-IgE injection- Xolair (omalizumab)- last injection must be **6 months** prior to skin testing.

DO NOT stop your ASTHMA medications!

Please continue all asthma inhalers.

Singulair (montelukast), Accolate (zafirlukast) and Zflo (zileuton), Nasal sprays not listed above, Sudafed (pseudoephedrine or phenylephrine), and expectorants like Mucinex (guaifenesin) can also be continued.

If you are **unable** to stop antihistamines because of severe symptoms, continue them and keep your scheduled appointment with your provider. **Please remember to call our office to cancel the skin test.** Also, disregard instructions that you may have been given to use EMLA cream before your appointment.



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302.998.0300
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For those patients who test positive and are interested in beginning either sublingual (under the tongue) or parenteral (shots) immunotherapy, the staff will be happy to provide you with further information.

Continuing communication is vital to effective, safe, and successful allergy treatment. While we require that you see our health providers on a regular basis, if your medical condition changes, or if your medicines are changed, do not wait for a routine appointment, but discuss any changes with our Allergy Department so that your records may be updated.

Have you recently experienced a recurrent or chronic cough?	Yes	No
Have you ever been diagnosed with asthma?	Yes	No
Have you ever been diagnosed with COPD?	Yes	No
Do you ever get short of breath easily?	Yes	No
Are you currently on any inhalers?	Yes	No
Are you concerned that you may have asthma or any other lung/ breathing issues?	Yes	No

If you answered yes to any of these questions, you may be scheduled for **baseline Pulmonary Function Testing (PFT) prior to skin testing unless you have undergone such testing recently.** If you have, please let our staff know where it was performed, so that we may obtain a copy of the results and place them in your records.

By signing below, I acknowledge that I have received the packet titled "information on skin testing" and understand what medicines I do or do not need to discontinue prior to testing. Additionally, I have taken the above Pulmonary Function Test (PFT) questionnaire and understand that if I answered yes to any questions, I may be scheduled for a PFT on the day of skin testing.

Patient Name/DOB

Patient Signature

Witness

Date