



Excellence in Specialty Care for the Head and Neck ~ A Division of Select Physicians Alliance, PL

ALLERGY TESTING INSTRUCTIONS

Patient Name: _____

NO PERFUME OR LOTION PLEASE

1. Remember your appointment time and date. Please come a few minutes before your appointment time to register. It is of the utmost importance to start your tests on time to prevent the next patient from waiting. Please do not forget your appointment. We have set this time aside specifically for you and cannot put someone else into this time slot at the last minute. **If you are unable to make your scheduled appointment, please call us no later than 2 business days prior to your appointment time or you will be charged \$50.00 for your missed appointment. This fee must be paid before you will be rescheduled. If you are more than 15 minutes late, you will be considered a NO SHOW and your appointment will have to be rescheduled.**

2. There are several medications and supplements that you need to avoid before your allergy test:

Antihistamines must be stopped 5 DAYS PRIOR TO TESTING. These include Claritin, Clarinex, Xyzal, Allegra, Zyrtec, Benadryl, Alavert, Chlor-Trimeton, and nasal sprays: Astelin or Patanase. This also includes many non-prescription allergy/cold medications with diphenhydramine.

If testing is cancelled because of antihistamine usage, the \$50.00 missed appointment fee will apply.

Advil PM, Tylenol PM, and Excedrin PM must be stopped 5 days prior to testing.

Tagamet, Zantac, Pepcid, Axid and tricyclic antidepressants (amitriptyline/Elavil, nortriptyline/Pamelor) may affect your results and should be stopped 48 hours prior to testing, if possible.

BETA-BLOCKERS (both oral medications for hypertension/heart disease and eye drops for glaucoma) **ARE CONTRA-INDICATIONS TO ALLERGY TESTING AND IMMUNOTHERAPY.** If your internist, cardiologist, or ophthalmologist will allow, these medications must be changed before any testing will be performed. 48 hours prior to test

-Any Antidepressants, Antianxiety – must be stopped 48 hours prior to test.

-Any Sleep Aids must be stopped 5 days prior to testing.

-Singulair, decongestants (Sudafed, Entex, etc.) and topical steroids (Nasonex, Nasacort, Flonase, Veramyst, etc.) have no effect on your testing. If there are any medications that you are unsure of, please seek advice from this office.

3. **Allergy testing consists of 39 epidermal prick testing and 39 intradermal injections**, according to the guidelines of the American Academy of Otolaryngic Allergy. Testing sessions last approximately 1 hour.

Prick/puncture: A diluted allergen is applied using a small, disposable plastic device to prick the surface of your skin.

Intradermal Injection: Using a small and very thin needle, a diluted allergen is injected just below the skin surface.

4. If your test is in the morning, please have a light breakfast. If your test is after lunch, you may have a full breakfast but a light lunch.

5. Always wear a short-sleeved shirt or blouse that fits loosely around your arms so that we may roll the sleeves over your shoulder.

6. **IF YOU HAVE ASTHMA, BRING YOUR ALBUTEROL/PROVENTIL INHALER WITH YOU TO TESTING.**

7. Testing room is limited in space and room is available for only one testing patient; **however, if the patient is a minor, a parent/guardian must accompany the child.** Please do not bring other children unless they are chaperoned in the waiting area.

8. Your allergy testing will take 60 minutes to complete. Feel free to bring reading materials, an iPod, handheld games or some other type of activity to entertain you during the test.

I have received instructions and understand all instructions _____ Date _____

TAMPA

4714 N. Armenia Ave – Suite 200
Tampa, FL, 33603
P: 813-872-8794 / F: 813-879-1652

TRINITY

1818 Short Branch Drive – Suite 103
Trinity, FL 34655
P: 352-593-3277 / F: 352-462-3277

SPRING HILL

4655 Keyville Avenue
Spring Hill, FL 34608
P: 352-688-0800 / F: 352-688-0468