

Instructions For Allergy Testing

DO NOT TAKE THE FOLLOWING SEVEN DAYS PRIOR TO TESTING

Claritin®—Clarinex—Allegra®—ZYRTEC®—Xyzal®

DO NOT TAKE THE FOLLOWING THREE DAYS PRIOR TO TESTING

Steroid/Antihistamine sprays—Sleeping meds—Atarax—Muscle relaxers—BENADRYL®—Phenergan—Tagamet—Protonix—Famotidine—PEPCID®—Zantac 360®—Antihistamine containing cold remedies and cough syrups

DO NOT TAKE THE FOLLOWING 24 HOURS PRIOR TO TESTING

Singulair—Vitamins—Anti-inflammatory meds—Aspirin 325 mg—Ibuprofen—Excedrin—Alka-Seltzer®

AVOID STEROID ASTHMA MEDICATIONS SIX HOURS PRIOR TO TESTING

If you cannot, please take your medication and call us because we may need to reschedule.

YOU MAY TAKE THE FOLLOWING MEDICATIONS

Fluid meds—Hormones—Birth control—Plain decongestants (e.g., SUDAFED®)—Expectorants—Regular TYLENOL®—Blood pressure meds—Saline nasal spray—Cholesterol meds—Antiseizure meds—Diabetic meds—Pain meds—Migraine meds—Anti-anxiety meds—Antidepressants—Sedatives

ARE YOU TAKING A BETA-BLOCKER MEDICATION?

You cannot take an allergy test or start immunotherapy if you are taking a beta-blocker medication. Beta-blockers are often prescribed for hypertension, cardiac problems, eye problems and migraines. **If you are taking a beta-blocker, we must have a written statement from your prescribing physician stating that you may stop this medication three days prior to allergy testing. Please bring a copy of the statement with you to your appointment. Do not stop this medication unless your physician tells you to do so. This statement may be faxed to our office at (410) 742-1906.**

TESTING DETAILS

The inhalant allergy test will take approximately one and a half to two hours to complete. Please wear or bring something short-sleeved or sleeveless. Do not apply lotions, oils or meds to your arms on testing day.

If your doctor orders food testing for you, you will be scheduled for a second testing date, as the inhalant allergy and food tests cannot be completed on the same day. Please continue to consume your diet as usual. Please bring your allergy medications with you on the last day of testing.

Your child may be prescribed EMLA/Lidocaine cream, which you will need to apply one hour before testing from the shoulder to the elbow on the outside of their arm. Wrap their arm loosely with plastic wrap and leave it on until your child's appointment is complete. Your child can bring or wear shorts, as part of the testing materials will be applied to their thighs. You only need to apply EMLA/Lidocaine cream on the day of the inhalant testing.

VNG Instructions - Rev: 2/06

IMPORTANT INSURANCE REMINDER

Please contact your insurance company prior to testing for any authorizations or referrals to ensure coverage for procedure codes 95004 and 95024.

*******If you need to cancel or reschedule your testing, please contact our office no later than seven days prior to testing, or you will be charged a \$75 late notice fee. THERE WILL BE NO EXCEPTIONS.*******

For any questions, please contact our Allergy Department directly at (410) 742-1643.

Your allergy test is scheduled for: _____