

Hunterdon Otolaryngology & Allergy Associates

Patient Instruction Sheet for Allergy Skin Testing

Skin Test: Skin tests are methods of testing for allergenic antibodies. A test consists of introducing small amounts of the suspected substance, or allergen, into the skin and noting the development of a positive reaction (which consists of a welt or hive with surrounding redness). The results are read at 15 to 20 minutes after the application of the allergen. The skin test methods are:

Prick Method: The skin is pierced with a very short needle coated with a drop of an allergen (ex ragweed pollen).

Intradermal Method: This method consists of injecting small amounts of an allergen into the superficial layers of the skin.

Interpreting the clinical significance of skin tests requires skillful correlation of the test with the patient's clinical history. Positive tests indicate the presence of allergic antibodies and are not necessarily correlated with clinical symptoms.

You may be tested to important (location) airborne allergens and possibly some foods. These may include trees, grasses, weeds, molds, dust mites and animal danders, and some foods. The skin testing generally takes about 45 minutes. Prick (also known as percutaneous) tests are usually performed on your back but may also be performed on your arms. Intradermal skin tests may be performed if the prick skin tests are negative and are performed on your arms. If you have a specific allergic sensitivity to one of the allergens, a red, raised, itchy bump (caused by histamine release into the skin) will appear on your skin within 15-20 minutes. These positive reactions will gradually disappear over a period of 30 to 60 minutes and, typically, no treatment is necessary for this itchiness. Occasionally, local swelling at a test site will begin 4 to 8 hours after the skin tests are applied, particularly at sites of intradermal testing. These reactions are not serious, do not indicate a meaningful allergy, and will disappear over the next couple of days or so. They should be reported to your physician at your next visit. You may be scheduled for skin testing to antibiotics, local anesthetics, venoms, or other biological agents. The same guidelines apply.

If you have any questions whether or not you are using an antihistamine, you may ask the nurse or the doctor. In some instances a longer period of time off these medications may be necessary. If your condition requires continuous administration of your medications, or if you have questions about certain medications, please notify us so we may discuss this with you and determine whether alternative tests are indicated.

Skin testing will be administered at this medical office with a medical physician present since occasional reactions may require immediate therapy. These reactions may consist of any or all of the following symptoms: itchy eyes, nose, or throat, nasal congestion, runny nose, tightness in the throat or chest, increased wheezing, lightheadedness, faintness, nausea and vomiting, hives, generalized itching, shock, the latter under extreme circumstances.

Please let the physician and nurse know if you are:

1. Pregnant, as allergy testing may be postponed until after pregnancy.
2. Taking beta-blockers, medications that may make the treatment of the reaction to skin testing more difficult.

Please note that reactions rarely occur but in the event a reaction would occur, the staff is fully trained and emergency medication and equipment is available. After skin testing, you will consult with your physician, who will make further recommendations regarding your treatment.

Telephone (908) 788-9131

Fax (908) 788-0945 SandHill Professional Building • 6 Sand Hill Road • Suite 302 •
Flemington, NJ 08822

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INSTRUCTIONS FOR ALLERGY TESTING

- Please make us aware of any medications you are taking. Please do not discontinue medications without consulting with your prescribing doctor.
- Please bring to our attention if you are currently taking a **Beta Blocker, Tricyclic Antidepressant or MAO inhibitor**. Beta Blockers are often prescribed for hypertension, cardiac problems and migraines. Beta Blockers are also used as eye drops to treat glaucoma. **DO NOT** stop taking these medications. Please call the allergy nurse if you have questions regarding your present medications. Attached is a list of medications for your review.
- The Allergy Consult appointment takes about one hour.
- If it is necessary to cancel your appointment, please notify us at least 48 hours prior to your appointment.
- If you have any questions prior to your appointment, please call Joanne Pasquale, LPN, and Allergy Nurse Coordinator at (908) 788-9131 x219.

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THE FOLLOWING MEDICATIONS CAN BE TAKEN PRIOR TO SKIN TESTING

NASAL STEROIDS

Flonase/Veramyst (fluticasone), Nasonex (mometasone), Nasascort (triamcinolone),
Omnaris/Zetonna (ciclesonide), Qnasl (beclomethasone), Naserl (flunisolide)

ASTHMA INHALERS

Inhaled steroids: Advair, Asmanex.
Rescue inhalers: Pro-Air, Albuterol, Ventolin, Xopenex,
Nebulized treatments: Albuterol, Xopenex, Atrovent

LEUKOTRIENE RECEPTOR ANTAGONISTS

Singulair (montelukast), Accolate (zafirlukast), Zyflo (zileuton) ***Should be avoided prior
to challenge tests

THEOPHYLLINE

Theo-Dur, T-Phyl, Uniphyl, Theo-24

PREDNISONE

***Should be avoided prior to challenge tests

Hunterdon Otolaryngology & Allergy Associates

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ALLERGY TESTING INFORMATION

Dr. _____ has recommended environmental allergy skin testing.

Your appointment is scheduled for _____ @ _____

*****It is important that you read the attached patient information sheet regarding allergy skin testing and review the medication lists, which may interfere with skin test results. Please do not discontinue medications without the consent of your prescribing physician. If you have questions regarding your appointment or medications, please call Joanne Pasquale, LPN, Director of Nursing.**

Insurance: Please contact your insurance company, if you have questions regarding covered benefits. If you participate in an HMO or referral based plan, it is your responsibility to obtain a referral for this visit. Deductibles, coinsurance or copayments are your responsibility.

The following procedure code will be submitted:

<u>Description:</u>	<u>CPT CODE</u>	<u>#Units</u>
Allergy Skin Testing (Prick)	95004	50

*The following breathing function test may be administered if requested by your physician:

Spirometry	94010	1
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If you are unable to keep this appointment, we require 48 HOURS NOTICE, to avoid a \$25 fee.

We look forward to seeing you at your appointment.

Sincerely,

Joanne Pasquale, LPN
Director of Nursing
908-788-9131 x 219

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SKIN TESTING DRUG GUIDELINE

Diagnostic skin tests cannot be done if patients are taking the following medications. ** PLEASE DO NOT DISCONTINUE THESE MEDICATIONS WITHOUT CONSULTING YOUR PRESCRIBING DOCTOR.

	MEDICATION NAMES	WHEN TO DISCONTINUE
Topical Anti-Inflammatory or Steroid	Creams, lotions, gels, ointments or solutions (prescription or over the counter)	Do Not Apply day of testing
<u>ANTIHISTAMINES -</u> Long-lasting	Cetirizine (Zyrtec), fexofenadine (Allegra), loratadine (Claritin), desloratadine (Clarinex), levocetirizine (Xyzal), hydroxyzine (Atarax/Vistaril) Alavert Cold products containing anti-histamines (Nyquil) Cyproheptadine (Periactin)	Withhold 7 days prior to testing
<u>ANTIHISTAMINES -</u> OTHER	PRODUCTS CONTAINING ANTIHISTAMINES Diphenhydramine (Benadryl), brompheniramine (Dimetapp), chlorpheniramine (Actifed), Advil PM, Tylenol PM, Aleve PM, Unisom (Doxylamine) ZZZQuil (Diphenhydramine)	Withhold 5 days prior to testing
Nasal Sprays & Eye Medications	Patanase, Dymista, Astepro, Astelin (Azelastine), Pataday, Patanol, Optivar	Withhold 2 days prior to testing
Muscle Relaxants	Cyclobenzapine (Flexeril)	Withhold 2 weeks prior to skin testing
Histamine Blockers	Famotidine (Pepcid), ranitidine (Zantac), cimetidine (Tagamet), nizatidine (Axid)	Discontinue 2 days prior to testing
Vertigo, Emetic or Anti-Spastic	Mecizine (Antivert), dimenhydrinate (Dramamine), Bonine, Vistaril, Phenergan, Promethazine	Discontinue 5 days prior to testing
Anticholinergic	Hyoscyamine	Discontinue 5 days prior to testing (Consult your physician)
Anti-Anxiety, Anti-Pruritic	Alprazolam (Xanax), Lorazepam (Ativan)	Discontinue 2 days prior to testing
Anti-depressants These medications have Antihistaminic activity...	Amitriptyline (Elavil), nortriptyline (Pamelor), Sinequan (Doxepin), imipramine (Tofranil), Asendin, protriptyline (Vivactil), Desyrel, Serzone, trimipramine (Surmontil), Seroquel, Zyprexa	Withhold for 2 weeks prior to skin testing. **Please call the allergy nurse to discuss before discontinuing.
Biologics	Consult your prescribing physician Xolair (omalizumab)	Withhold 6 months prior to skin testing

****PLEASE REVIEW THE FOLLOWING LIST OF BETA-BLOCKERS USED FOR HYPERTENSION OR OTHER CARDIAC MEDICAL CONDITIONS OR GLAUCOMA. ***BETA-BLOCKERS WILL EXACERBATE ALLERGIC REACTIONS*****

- PLEASE CALL THE OFFICE TO DISCUSS THESE MEDICATIONS WITH THE ALLERGY NURSE.

****PLEASE DO NOT STOP THESE MEDICATIONS WITHOUT THE CONSENT OF YOUR PRESCRIBING DOCTOR**

Beta-Blockers that will exacerbate allergic reactions:
AK-Beta (Levobunolol)
Etagan (Levobunolol)
Betapace Tablets (Sotalol)
Etimol (Timolol)
Etoptic (Betaxolol)
Blocarden (Timolol maleate)
Brevibloc Injection (Esmolol)
Bystolic (Nebivolol)
Cartrol Filmtab Tablets (Carteolol)
Coreg (Carvedilol)
Corgard (Nadolol)
Inderal (Propranolol) (InnoPran)
Inderide LA
Kerlone (Betxolol)
Levato (Penbutolol)
Lopressor HCT (Metoprolol)
Nadolol Tablets (Nadolol)
Nebivolol (Bystolic)
Normodyne (Labetalol)
Ocumer (Timolol)

Ocupress (Carteolol)
Sectral Capsules (Acebutolol)
Sorine (Sotalol)
Tenoretic 50 & 100 (Atenolol)
Tenormin IV Inj & Tabs (Atenolol)
Timolide Tablets (Timolol maleate)
Timoptic (Timolol maleate)
Toprol-XL (Metoprolol)
Trandate (Labetalol)
Visken (Pindolol)
Zebeta Tablets (Bisoprolol)
Ziac (Bisoprolol)

ANTI-ADRENERGIC -
ANTI-HYPERTENSIVE CLONIDINE
 (CATAPRES)
PLEASE CONSULT YOUR PHYSICIAN BEFORE DISCONTINUING MEDICATIONS