



**HUNTERDON
OTOLARYNGOLOGY**

& Allergy Associates

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ALLERGY TESTING APPOINTMENT

Dr. _____ has recommended allergy skin testing.

Your appointment is scheduled with the allergist, Dr. Christine Muglia-Chopra on
_____ @ _____

*****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 Rachel Demarest, LPN, at extension 244.**

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 codes may be submitted:

<u>Description:</u>	<u>CPT CODE</u>	<u>#Units</u>
Allergy Skin Testing (Prick)	95004	40-50 (adults)
Allergy Skin Testing (Prick)	95004	10-20 (Pediatrics)

*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,
Rachel Demarest, LPN
Allergy Department
908-788-9131 x 244

Patient Instruction Sheet for Allergy Skin Testing

Skin Test: 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 minutes after the application of the allergen.

Prick Method: The skin is pierced with a very short needle coated with a drop of an allergen.

These allergens include trees, grasses, weeds, molds, dust mites, common animals. The skin testing generally takes about 45 minutes. Prick tests may be performed on your arms or back. The back is the preferred site for children. 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 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. 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.

Included is a list of medication that may interfere with the testing. Please review, and consult the prescribing physician. If you have any questions please contact our office to discuss. Please note that being on certain medications may prevent testing from being done in the office at the time of your appointment.

Skin testing can cause certain reactions that may consist of any or all of the following symptoms: itchy eyes, nose, or throat, nasal congestion, runny nose, and tightness in the throat or chest, increased wheezing, lightheadedness, faintness, nausea and vomiting, hives, generalized itching, shock, anaphylaxis the latter under extreme circumstances. The test will be administered within the office with a physician present, in the event of a reaction occurring, and requires immediate intervention.

Please let the physician and nurse know if you are:

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

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

THEOPHYLLINE

Theo-Dur, T-Phyl, Uniphyll, Theo-24

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 do not stop these medications without the consent of your prescribing doctor.

- AK-Beta (Levobunolol)
- Betagan (Levobunolol)
- Betapace Tablets (Sotalol)
- Betimol (Timolol)
- Betoptic (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)
- Ocumeter (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)
- Viskin (Pindolol)
- Zebeta Tablets (Bisoprolol)
- Ziac (Bisoprolol)

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.

Topical Anti-Inflammatory or Steroid Creams, lotions, gels, ointments or solutions (prescription or over the counter)	<u>Do not apply day of testing</u>
<u>ANTIHISTAMINES - Long-lasting</u> Cetirizine (Zyrtec), fexofenadine (Allegra), loratadine (Claritin), desloratadine (Clarinex), levocetirizine (Xyzal), hydroxyzine (Atarax/Vistaril) Alavert. Cold products containing anti-histamines (Nyquil) Cyproheptadine (Periactin)	<u>Withhold 7 days prior to testing</u>
<u>ANTIHISTAMINES - OTHER</u> Diphenhydramine (Benadryl), brompheniramine (Dimetapp), chlorpheniramine (Actifed), Advil PM, Tylenol PM, Aleve PM. Unisom (Doxylamine) ZZZQuil (Diphenhydramine)	<u>Withhold 7 days prior to testing</u>
<u>Nasal Sprays & Eye Medications</u> Patanase, Dymista, Astepro, Astelin (Azelastine), Pataday, Patanol, Optivar	<u>Withhold 3 days prior to testing</u>
<u>Muscle Relaxants</u> Cyclobenzaprine (Flexeril)	<u>Withhold 2 weeks prior to skin testing</u>
<u>Histamine Blockers</u> Famotidine (Pepcid), ranitidine (Zantac), cimetidine (Tagamet), nizatidine (Axid)	<u>Discontinue 7 days prior to testing</u>
<u>Vertigo, Emetic or Anti-Spasmotic</u> Meclizine (Antivert), dimenhydrinate (Dramamine), Bonine, Vistaril, Phenergan, Promethazine	<u>Discontinue 7 days prior to testing</u>
<u>Anticholinergic</u> Hyoscyamine	<u>Discontinue 5 days prior to testing</u> Consult your prescribing physician.
<u>Anti-Anxiety, Anti-Pruritic</u> Alprazolam (Xanax), Lorazepam (Ativan)	<u>Discontinue 3 days prior to testing</u>
<u>Anti-depressants these medications have Antihistaminic activity...</u> Amitriptyline (Elavil), nortriptyline (Pamelor), Sinequan (Doxepin), imipramine (Tofranil), Asendin, protriptyline (Vivactil), Desyrel, Serzone, trimipramine (Surmontil), Seroquel, Zyprexa	<u>Withhold for 2 weeks prior to skin testing.</u> Consult your prescribing physician.
<u>Anti-Adrenergic- Anti-hypertensive-</u> Clonidine (Catapres)	<u>Consult your physician before discontinuing.</u>
<u>Leukotriene Receptor Antagonists</u> Singulair (montelukast), Accolate (zafirlukast), Zflo (zileuton)	<u>Withhold for 2 weeks prior to skin testing.</u>
<u>Prednisone</u>	<u>Should be avoided 2 weeks prior to testing.</u>