

Patient Instructions for Skin Testing

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1. Wear sleeveless shirt in order for the allergy nurse access the upper arm where skin testing will be performed. Bring a jacket or sweater since room may be cold.
2. **Do not take antihistamines for 7 days and some antidepressants for 14 days prior to testing date. Review attached list of medications. Please be careful with over the counter sinus and allergy medications.** Contact your prescribing physician first before discontinuing any antidepressants.
3. Notify allergy assistant if you have taken oral steroids within the last four weeks. You should not use any steroid cream on the arms or back prior to testing.
5. You may not undergo allergy testing if you are pregnant.
7. You may undergo allergy skin testing if you currently take a Beta Blocker. Please be aware that you will not be able to receive allergy shots if you are on a Beta Blocker, but you may receive allergy drop therapy. Please contact your prescribing physician to see if it is possible to change your medication.
8. **Please note that you must call us at least 4 days prior to testing date to reschedule your appointment or you will be charged a \$50 no show fee.**
9. You may use Singulair, nasal steroid sprays (Flonase, Nasonex, Nasacort, Rhinocort), Cromolyn Sodium, oral decongestants without antihistamines (Sudafed), or topical nasal decongestants (Afrin). If your allergy symptoms are still unmanageable, please fill the attached prescription for Prednisone.
10. Following allergy testing, you may take an antihistamine to control symptoms exacerbated by testing. Hydrocortisone cream may also help relieve itching.
11. For persons with hairy upper arms, please shave this area the day before.
12. **The day following allergy testing, please call back and let us know about any delayed reactions. The allergy nurse will instruct you on how to do this.**
13. Please avoid vigorous exercise and any suspected allergic foods on the day of testing.
14. Skin testing should take about 1 hour and 15 minutes.

List of Beta Blockers: pills and eye drops

BRAND	GENERIC
BETAPACE	SOTALOL
BETIMOL	TIMOLOL
BETOPTIC	BETAXOLOL
BLOCARDEN	TIMOLOL MALEATE
BREVIBLOC	ESMOLOL
CARTEOLOL	OCUPRESS
CARTROL	CARTEOLOL
CORGARD	NADOLOL
CORZIDE	NADOLO /BENDROFLUMETHIAZIDE
INDERAL	PROPRANOLOL
INDERIDE	PROPRANOLOL/HCTZ
KERLONE	BETAXOLOL
LEVATOL	PENBUTOLOL
LEVOBUNOLOL	BETAGAN/AK-BETA
LOPRESSOR	METOPROLOL
NORMODYNE	LABETOLOL
NOMOZIDE	LABETOLOL/HCTZ
SECTRAL	ACEBUTOLOL
SORINE	SOTALOL
TENORETIC	ATENOLOL/CHLORTHALIDONE
TENORMIN	ATENLOLOL
TIMOLOL	TIMOPTIC
TOPROL XL	METOPROLOL
TRANDATE	LABATALOL
VISKEN	PINDOLOL
ZEBETA	BISOPROLOL
ZIAC	BISOPROLOL

Herbal Supplements: withhold 7 days prior

Licorice	Feverfew	Saw Palmetto	Astragalus
Green Tea	Milk Thistle	St. John's Wort	Bee Pollen

PRESCRIPTION ANTIHISTAMINES (pills, eye drop, spray): withhold 7 days prior

BRAND	GENERIC
ALLEGRA	FEXOFENADINE
ASTELIN	AZELASTINE
CLARITEN	LORATIDINE
CLARINEX	DESLORATIDINE
OPTIVAR	AZELASTINE
PATANOL	LORATADINE
ZADITOR	KETOTIFEN
ZYRTEC	CETIRIZINE

OTHER ANTIHISTAMINES: MUST WITHOLD 7 DAYS PRIOR TO TESTING

BROMPHENIRAMINE (DIMETANE)
METHDILAZINE (TACARYL)
CHLORPHENIRAMINE (CHLOR-TRIMETON)
PROMETHAZINE (PHENERGAN)
CLEMASTINE (TAVIST)
PYRILAMINE (NISAVAL)
CYPROHEPTADINE (PERIACTIN)
TACARYL (METHDILAZINE)
DIPHENHYDRAMINE (BENADRYL)
TEMARIL (TRIMEPARAZINE)
HYDROXYZINE (ATARAX, VISTARIL)
THORZINE

Antidepressants Medications: STOP 14 DAYS PRIOR TO TESTING

GENERIC (BRAND)

AMITRIPTYLINE (ELAVIL, ETRAFON, LIMBITROL, VANATRIP)
AMOXAMPINE (ASENDIN)
CLOMIPRAMINE (ANAFRANIL)
DESIPRAMINE (NORPRAMIN)
DOXEPIN (ADAPIN, SINEQUAN, ZOLALON)
IMIPRAMINE (TOFRANIL)
MAPROTILINE (MECLOBEMIDE)
MIRTAZAPINE (REMERON)
TRIMIPRAMINE (SURMONTIL)
NORTRIPTYLINE (AVENTYL HYDROCHLORIDE, PAMELOR)
PROTRIPTYLINE (VIVACTIL)

REMINDER: CHECK YOUR INSURANCE BENEFITS FOR ALLERGY TESTING AND TREATMENT

Please note that it is your responsibility **to call your insurance provider prior to testing in order to find out what your out of pocket costs will be for allergy testing and treatment.** Call the phone number for membership benefits which is located on your insurance card. Most insurance carriers will pay for most of the cost of the allergy skin testing and allergy shots.

Also, please note that many insurance companies have an annual deductible which must be met by the patient before the insurance begins to pay for coverage. It is our policy to collect your insurance deductible on the day of allergy testing. If your deductible has not been met, you will be responsible for paying \$300 for allergy testing and \$20 for each allergy injection office visit. These amounts are the average amount allowed by most insurance, so you may be billed for a slightly greater amount. Since allergy treatment requires several years of treatment, please take into account your annual deductible.

In general, insurance carriers will not pay for food and chemical testing and will not pay for allergy drop therapy. If you choose to undergo allergy drop therapy or undergo food or chemical testing, you will have to pay for these services directly. For some patients with high deductibles and copayments, it may be less expensive to receive allergy drops.

Allergy drops for airborne allergens cost \$60 per bottle which will last about 2 months. Allergy drops for foods and chemicals cost \$60 for two bottles, which will last about 2 months. Provocative testing for food and chemical allergies costs \$50 for each item tested. Generally, we can only test three items at a time due to time constraints.

CPT CODES FOR ALLERGY TESTING:

allergy skin testing (95004, 95024)
injections (95115, 95117)
injection vial preparation (95165)

HANDOUT ON PRETREATMENT OF UPPER ARMS AND BACK FOR ALLERGY TESTING

PURPOSE: Allergy testing on the skin may be difficult for children and people afraid of needles. Applying emla cream prior to allergy testing will numb the skin and make the experience less traumatic. The skin should be completely numb if the instructions below are followed. Some skin testing will be performed with a plastic pricking device. This device would feel like a hairbrush being pushed into the skin without the emla cream. Some skin testing will be performed with a small needle. A tiny amount of allergy causing extract (dust, tree, grass, or weed pollen, or mold) will be injected into the skin to form a small wheal which looks like a mosquito bite. If the emla is applied appropriately, the patient should not feel pain.

INSTRUCTIONS FOR EMLA CREAM:

1. Apply ONE HOUR prior to your scheduled appointment.
 - a. For young children < or = 3 years old: Apply the emla cream on the outer surface of one upper arm and a large area on the upper back (about the size of this 8" x 11" sheet of paper).
 - b. For older children > 4 years old: Apply the emla cream to the outer surfaces of both upper arms and a large area on the upper back (about the size of this 8" x 11" sheet of paper).
2. The emla should be applied at least ½ inch thick.
3. After putting the emla cream on the skin, cover the entire area completely with Saran wrap and tape down the edges in order to make an air tight seal. "Press and Seal" type of Saran wrap will stick to the skin without tape. Come to the office with the Saran wrap in place.

Yoon C. Nofsinger, M.D.

REMINDER: CHECK YOUR INSURANCE BENEFITS FOR ALLERGY TESTING AND TREATMENT

Please note that we pre-certify benefits for every person before allergy testing and treatment. On the day of your allergy testing, we should be able to tell you what your out-of-pocket costs will be. Your out-of-pocket cost will be dependent upon your insurance plan, deductible, and copayment requirements. **Please note that precertification of benefits does not guarantee payment by your insurance carrier.**

We also strongly urge you to call your insurance provider (typically the phone number for membership benefits is located on your insurance card) before undergoing allergy testing. In general, most insurance carriers will pay for most of the cost of the allergy skin testing and allergy shots. In general, most insurance carriers will not pay for food and chemical testing and will not pay for allergy drop therapy. (Medicare and Medicaid will not pay for allergy drop therapy). If you choose to undergo allergy drop therapy, you will be responsible for submitting the claim to your insurance.

Allergy drops for airborne allergens cost \$80 per bottle which will last about 2 months. Allergy drops for foods and chemicals cost \$80 for two bottles, which will last about 2 months. Provocative testing for food and chemical allergies costs \$150 for three items.

Before undergoing allergy testing, please call your health insurance provider to find out what your cost will be for allergy skin testing (95004, 95024), injections (95115, 95117), and injection vial preparation (95165).

Name: _____ **Date:** _____

Address: _____

Emla Cream (lidocaine 2.5%/prilocaine 2.5%)

Sig. Apply to area directed on the skin one hour prior to skin testing. Then wrap the area with Saran Wrap to make air tight.

Disp. 30 gram tube

Refill Number _____

Label only _____

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