



EAR, NOSE & THROAT

INHALANT ALLERGY PRE-TESTING INFORMATION

IT IS THE PATIENT'S RESPONSIBILITY TO CHECK THEIR INSURANCE COVERAGE FOR ALLERGY TESTING PRIOR TO ARRIVING FOR THE APPOINTMENT. The CPT codes for allergy testing are 95004 and 95024. The diagnosis code is 477.9.

Please wear a **short sleeved or sleeveless shirt** the day of testing.

Please **STOP TAKING** any and all medications that contain an antihistamine **seven full days prior to testing**. Antihistamines block the allergic response, and will interfere with the test results. Some examples of medications **NOT to take 7 days prior to testing**:

Actifed	Bonine	Dimetapp	Meclizine	Vistaril
Alavert	Cetirazine	Diphenhydramine	Nyquil	Xyzal
Allegra	Clarinet	Drizoral	Phenergan	Zyrtec
Antivert	Claritin	Dramamine	Promethazine	
Atarax	Chlorpheniramine	Fexofenadine	Ritalin	
Adderall	Chlortrimeton	Hydroxyzine	Strattera	
Benadryl	Dayquil	Loratadine	Tavist	
Brompheniramine	Desloratadine	Levocetirizine	Triaminic	

Seven days prior to testing stop taking any medications with the words nighttime, PM, Cold, Allergy, or Sinus. Also, please stop all herbal supplements and teas.

It is OK to take Singulair, Sudafed and Nasal Steroids; these do not interfere with testing.

You cannot be safely tested or treated if you are taking a beta blocking antihypertensive. Please let us know if you are taking a beta blocker for high blood pressure.

INHALANT ALLERGY TESTING INFORMATION

The MQT (Modified Quantitative Testing) is the first phase of testing. It is a screening and safety test. This is a superficial prick/puncture test. This test is to find out what allergies you have.

The IDT (Intradermal Titration) is the second phase of testing. This test consists of small intradermal injections that are placed on the upper arms at timed intervals. This test determines the severity of your allergies

Once you have been tested, treatment can begin. If you decide to take allergy injections, a special mixture will be prepared for you based on your test results. You will receive injections once a week. We will increase the dose weekly to a MTD (Maximum Tolerated Dose) and then to a maintenance dose, which you may self administer for 3 to 5 years. It is very important when beginning your allergy injections, that you are consistent in receiving them on a weekly basis so that your symptoms will be relieved. This may not happen overnight and each person will tolerate the injections differently. When you come in for your weekly injections, the Medical Assistants will ask you about your allergy symptoms, and if you had any reaction to your previous injections. Occasionally, some patients may report an increase in allergy symptoms. This generally decreases as you continue with future injections.

Each week you will come to the clinic to get your injections during the build-up phase. You will be prescribed two Epipens, bring them with you to every appointment. If you don't have the Epipens with you, no injections will be administered. You will be required to wait in our waiting room for 20 minutes after your injections each week. This is for your safety, in case of an adverse reaction.