



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.

Notice of Availability

If you speak another language, free language assistance services and appropriate auxiliary aids and services are available to you. Let us know how we can help.

Spanish

Si usted habla español, hay disponibles para usted servicios gratuitos de asistencia de idiomas y dispositivos y servicios auxiliares adecuados. Infórmenos cómo podemos ayudarlo.

Vietnamese

Nếu quý vị nói Tiếng Việt, chúng tôi có sẵn dịch vụ hỗ trợ ngôn ngữ miễn phí cũng như các phương tiện và dịch vụ hỗ trợ phù hợp dành cho quý vị. Xin hãy cho chúng tôi biết cách chúng tôi có thể trợ giúp cho quý vị.

Chinese

如果您说 中文，我们可提供免费的语言帮助，以及适当的辅助援助和服务。请告知我们，您需要什么样的帮助。

Russian

Если вы говорите на русском, мы можем предоставить бесплатно помощь на вашем языке, а также и соответствующие вспомогательные средства и услуги. Сообщите нам, как мы можем помочь.

Korean

한국어 를 구사하시는 경우 무료 언어 지원 서비스와 적절한 보조 도구 및 서비스를 이용할 수 있습니다. 어떻게 도와드릴 수 있는 지 알려주세요.

Ukrainian

Якщо ви розмовляєте цією мовою: українська, то можете отримати безкоштовну допомогу й послуги, зокрема мовні. Повідомте нам, чим ми можемо допомогти.

Japanese

日本語を話される方は、無料の言語支援サービスや適切な補助器具やサービスをご利用いただけます。 私たちがどのようにお手伝いできるかお知らせください。

Arabic

إذا كنت تتحدث [العربية]، فستتوفر لك الخدمات المجانية بشأن المساعدة اللغوية مع المعونات الملائمة والخدمات المساعدة. دعنا نعرف كيف يمكننا مساعدتك.

Romanian

Dacă vorbiți română, serviciile gratuite de asistență lingvistică și ajutoarele auxiliare adecvate sunt disponibile pentru dumneavoastră. Informați-ne cum vă putem fi de ajutor.

Thai

ถ้าคุณพูดภาษาไทย มีบริการช่วยเหลือด้านภาษาฟรี รวมถึงความช่วยเหลือและบริการเสริมที่เหมาะสมแก่คุณ แจ้งให้เราทราบว่าเราสามารถช่วยได้อย่างไร

German

Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachassistenzen und geeignete Hilfsmittel und Dienstleistungen zur Verfügung. Teilen Sie uns mit, wie wir helfen können.

Persian

اگر به زبان فارسی صحبت می کنید، خدمات رایگان زبانی و وسایل و خدمات کمی مناسب در دسترس شما هستند. به ما اطلاع دهید که چگونه می توانیم کمکتان کنیم.

Somali

Haddii aad ku hadasho Soomaali, adeegyada kaalmada luqadda bilaashka ah iyo kaalmooyinka iyo adeegyada ku habboon ayaa diyaar kuu ah. Nala soo socodsii sida aan u caawin karno.

French

Si vous parlez français, des services d'assistance linguistique gratuits et des aides et services auxiliaires appropriés sont à votre disposition. Dites-nous comment nous pouvons vous aider.

Khmer

ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ សេវាជំនួយភាសាខ្មែរដោយឥតគិតថ្លៃ និងឧបករណ៍ជំនួយនិងសេវាជំនួយសមស្រប មានសម្រាប់អ្នក។ សូមអនុញ្ញាតឱ្យយើងដឹងថា យើងអាចជួយអ្នកបានដោយរបៀបណា។