

The Day of Testing

Read through these instructions to help your allergy testing appointment go as smoothly as possible.

- **You will be responsible for any non-covered services, co-pay, and the deductible amount prior to test.**
- Bring the completed history form.
- Remember not to take any medications that could interfere with the skin testing. (Please refer to the enclosed list of medications.)
- Wear a short sleeve or sleeveless shirt, so that your upper arms may be easily accessible.
- There are no diet restrictions.
- Plan to stay at least 1.5 hours. You may bring a book or magazine.
- Testing will need to be rescheduled, if you have a fever, infection or other type of sickness. Please call if you have any questions regarding this.
- We request that you do not bring small children with you when you are scheduled for skin testing unless they are accompanied by another adult who can sit with them in the waiting area. Children are not allowed in the testing area.
- Please call if you are unable to keep your appointment for any reason. A \$100 charge will be made to your account if you do not call and cancel your appointment one business day ahead of time.

For further information,
call (864) 278-1274.

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ALLERGY TESTING INFORMATION & INSTRUCTIONS



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Allergy Skin Testing Information

Your doctor has determined that skin testing of common inhaled allergens will be helpful in treatment of your sinus, nasal, throat or ear symptoms. Tree, grass, and weed pollens common to our region will be tested, in addition to a wide variety of mold spores and household irritants, including dust mites and pets.

Skin testing allows us to determine how likely it is that inhaled allergens play a role in your symptoms. Skin testing is also the first step in formulating an alternative therapy to traditional allergy medications called immunotherapy.

How is Skin Testing Performed?

The first step of testing is a skin prick test. This involves the application of a multi-test device to the forearms. A small amount of antigen is introduced into the superficial skin. There are no needles involved in this step.

The most common allergens to our area are placed on the skin with this device. Skin reactions to the allergens are measured after 20 minutes.

The second step is the intradermal testing. This step is based on the positive and negative reactions to the allergens placed in step one. A small volume of the allergens is injected into the skin on the upper arms making a tiny lump (less than ¼ inch).

After ten minutes, we measure the skin reaction to each of the allergens. The results of this test tell us how sensitive you are to the positive antigens.

You will then follow up with the referring doctor to determine if you are a candidate for immunotherapy. Once this is decided, the extract for the immunotherapy can be made and the treatment can begin.

Side Effects from Testing

There is a risk of a reaction to the allergens used for testing. Some reactions are local, which result in itching and redness. We will provide a soothing cream after the test for this type reaction.

Other reactions may be hives, wheezing, cough, flaring of allergy symptoms, or delayed wheals that develop after leaving the office. In rare cases, there may be a drop in blood pressure or an anaphylactic reaction.

Frequently Asked Questions

Does Insurance Cover the Cost of Allergy Testing?

Most insurance companies will cover the cost of allergy testing. We recommend that you call your provider to verify your benefits for allergy testing and shots, as each insurance company is different.

You will be responsible for any non-covered services, co-pay and deductible amount.

Who Should Not Have Allergy Skin Testing?

- Patients who are pregnant.
- Patients that are taking Beta Blockers for blood pressure or a heart condition should not have skin testing. (Please see the enclosed list of medications, listing Beta Blockers, to see if this applies to you.)
- Patients with asthma that is difficult to control with frequent wheezing, shortness of breath, or frequent inhaler usage.

Medications That Interfere with Allergy Testing

There are many medications that you will need to hold prior to your skin testing appointment. These medications may interfere with skin testing and make your results not accurate.

Please refer to the enclosed list to see which medications you will need to hold.