



## SKIN TEST INFORMATION FOR PATIENTS

Skin tests are a method of testing for allergenic antibodies. A skin test requires introducing a small amount of allergen just beneath the skin and noting development of a positive reaction (swelling and redness) after 10-15 minutes. Below describes the most common method of testing that we use in our office.

**Intradermal Method:** This method has been used for several years and is extremely accurate. The testing procedure involves giving a small amount of an allergen just under the superficial layer of the skin from the upper arm to the lower part of your arm.

You will be tested for allergens that are common in the Dallas/Fort Worth area. The allergens will consist of Dust Mite, Cockroach, Cat, Dog, House Dust, Grasses, Molds, Trees, and Weeds. Skin testing generally takes 1 ½ to 2 hours to accomplish. Occasionally, some of the areas of injection will swell 8 - 24 hours after testing. This is not serious, but should be reported at your next visit.

**MEDICATIONS:** **DO NOT TAKE** prescription or over the counter antihistamines 3 days (72 hours) prior to testing. Examples of restricted medications are: Benadryl, Zyrtec, Allegra, Allegra-D, Claritin, Claritin-D, Clarinex, Clarinex-D, Zantac, etc. Most over-the-counter cold medications also contain antihistamines, as well as sleep aids, anti-nausea, and anti-dizziness medications. **If you are on any medications containing Beta Blockers (commonly found in heart medications, blood pressure medications, migraine medications and anti-depressants), please let us know immediately.** In some cases with patients taking Beta Blockers, a medical release from the Prescribing Physician might be necessary to ensure your safety during allergy testing. Please consult with Mike in our allergy department about any questions or medications that you are taking. **Should you take any of the restricted medications within this time period, or fail to consult with us regarding other indicated medications you are currently taking that would prevent you from being tested, your test will be cancelled or rescheduled and the cancellation policy will apply.**

**You may continue to use nasal sprays and eye drops with the exception of Astelin nasal spray.**

Astelin nasal spray does contain an antihistamine. Examples of nasal sprays that are acceptable to use: Nasonex, Flonase, Nasacort AQ, Rhinocort AQ, any saline sprays, etc.

**Please wear a short sleeved shirt** and you may bring something to read during your test.

Your appointment is scheduled for \_\_\_\_\_ @ \_\_\_\_\_

**CANCELLATION POLICY:** **There is a \$100.00 cancellation fee** if you do not show up for your appointment or if you do not cancel or reschedule your appointment at least 48 hours before your scheduled test. If you must cancel or reschedule for any reason, you must receive a confirmation number from an employee in order to avoid the cancellation fee. You must have this confirmation number available, or your account will be charged \$100 and will not be disputable. Our office number is 972-492-6990.

**INSURANCE:** We strongly recommend that you contact your insurance company to verify your allergy coverage benefits. **Allergy testing and treatment is often NOT covered the same as an office visit; therefore might not be covered under your normal copay or coinsurance, and/or might be subject to your plan's deductible.** Any deductible, coinsurance, or copay required by your insurance plan for allergy benefit coverage **will be due at the time of service.** Should you need to reschedule or cancel your allergy testing appointment due to insurance reasons, please be sure to do so before the 48 hour required cancellation time or you will be subject to the cancellation fee.

**\*(When calling on your allergy benefits, tell your insurance company you need benefit information for Allergy Skin Testing & Treatment billed without an office visit).**

Thank you,

Michael Phillips, EMT-P, R.M.A.  
Allergy Technician