

Ear, Nose, Throat and Allergy Center

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INHALANT TESTING

Your doctor has ordered allergy testing. WE REQUIRE A 48 HOUR NOTICE FOR CANCELLATION OR RESCHEDULING FOR ALL ALLERGY TESTING APPOINTMENTS. If we do not receive this notification or if you do not show for your appointment, you will be subject to a \$100.00 fee.

Due to the fact that testing is scheduled for large block of time, it is imperative that you notify us if you cannot make your appointment. Due to the large amount of patients being scheduled and our office meeting the staffing needs to perform the testing, we MUST have adequate notification.

Your insurance benefits will be reviewed. When your appointment is scheduled, you will be advised when to discontinue taking allergy medications.

PREPARATION FOR ALLERGY TESTING

DON'TS

- Do **NOT** take the following medications for the indicated times before testing:

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|----------------------|------------------------|
| Benadryl – 7 days | Cough syrups – 3 days |
| Optivar – 7 days | Sinus/Allergy – 7 days |
| Patanol – 7 days | Claritin – 7-10 days |
| Clarinex – 7-10 days | Zyrtec – 7-10 days |
| Allegra – 7-10 days | Xyzal – 7-10 days |
| Patanase – 7 days | Astelin – 7-10 days |

- Do **NOT** take over the counter antihistamines (cold and sinus medication and sleeping aids such as Tylenol PM) 3 days prior to testing.
- If you are taking **tricyclic antidepressant medications**, please inform the allergy nurse. These medications must be stopped 3 weeks prior to the allergy test with the permission of the prescribing physician. (Not all antidepressant medications are classified as tricyclics). The tricyclic medication can be resumed after testing.
- You **should not be taking any beta-blocker medications**. These are usually medications for your blood pressure, migraine headaches, heart problems or glaucoma. If you are taking this type of medication known as beta-blocker, you must inform the physician and the allergy nurse.

TAKING ANY OF THE ABOVE MEDICATIONS CAN ALTER YOUR ALLERGY TEST RESULTS OR MAKE TESTING DANGEROUS!!

- Do not wear cologne, scented body lotion/spray or hair spray. Deodorant is fine. Other allergy patients could be sensitive to fragrances.

DO'S

- You may use your current steroid nasal spray as prescribed, even on testing day.
- Eat a normal diet. It is not necessary to be fasting for this test.
- Wear loose, short-sleeved shirt.
- Bring a water bottle to sip on and snacks if you desire.
- Please do not purposely avoid any foods. Eat a normal diet 24 hrs before testing.