

## 2 THE TEST ITSELF

Your allergy test will take about 1½ hours to complete. We will be able to tell you at the conclusion of the test if you are allergic to those things for which we tested and the severity of the allergy. The test itself is done on the inside of your lower arm and the outside of your upper arm using both skin prick applicator and very small gauge needles. Both of these affect the upper-most layers of the skin and are relatively painless.

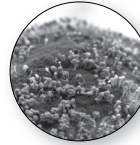
After your allergy skin test, your doctor will recommend a treatment plan based upon your results. If you were diagnosed with treatable allergies, we will begin your treatment program. This may consist of immunotherapy (desensitization) injections once per week. This schedule may vary from patient to patient depending on how well one's system tolerates the allergy treatment. Immunotherapy for allergies typically ranges from 3-5 years.

**Please discuss beta blockers (blood pressure medication) with the Allergy Nurse. Adjustments may need to be made to your allergy testing and treatment plan.**

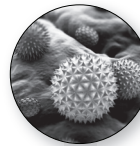
## 3 THE INHALANTS WE TEST FOR INCLUDE:



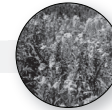
**Dust & Dust Mites:** House dust is found in carpets, drapes, clothes and other materials in the home. Dust mites are microscopic insects found in dust throughout the home.



**Molds:** There are many kinds of molds in our environment that cause problems, some indoors and others outside. These are usually associated with excess moisture.



**Pollens:** Many plants such as **grasses, trees** and **weeds** produce large quantities of lightweight airborne pollen.



**Pets (epidermal):** Animal dander, feathers or fur from cats, dogs, horses and birds.



## 4 ADDITIONAL INFORMATION

*It is important to remember allergy problems are inherited and cannot be cured, only controlled.* This control will occasionally be interrupted by occurrences such as colds, infections and fatigue. These interruptions should not discourage you, because they will usually be temporary. Your allergies are a very individual problem and will be treated that way at our office.

Occasionally, we have patients who come here after having been tested by a general allergist either in our area or in another location. The first question asked is, *"Why can't you take the results of the test I've already had and go ahead with my treatment from there, because we already know my allergies?"* The testing done in this office is both qualitative and quantitative. It tells us not only what you are allergic to, but also the extent of the allergy to each individual allergen. In order to prepare allergy serum (treatment) that correlates to your sensitivity needs and still follows safety standards, testing should be done in the same clinic as treatment is prepared. Consequently, we can start your shots at the dosage and strength that should give you a favorable response much faster.

Treatment is administered in our office. If you live too far away and cannot come here for your shots, sublingual allergy drops will be recommended for you.

**A WORD TO TOBACCO USERS.** You must realize if you use tobacco your allergy management will not be as successful as a non-tobacco user. Every effort should be made to give up this habit before you become involved with allergy testing and treatment. Even if you are a non-smoker, tobacco smoke in the home will affect treatment. Cigarettes should be omitted from the environment of a patient with allergies.



The Center for  
**ALLERGY & SINUS**

## 5 INSURANCE INFORMATION

The Center for Allergy & Sinus will contact your insurance provider in order to confirm the benefits available to you for allergy testing and treatment. If your insurance company determines a particular service is not covered due to policy provisions or is determined not reasonable and necessary under your insurance contract, the balance remaining will be your responsibility. Your insurance company may require deductibles and coinsurance or may deny payment for our claims for the following reasons, but not limited to:

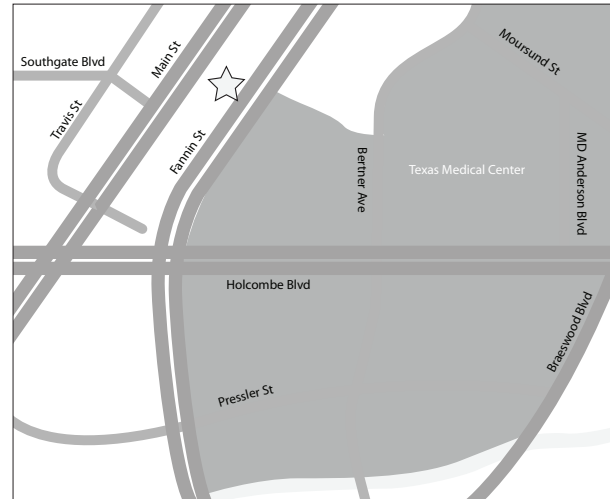
- No referral number for visit
- Number of visits exceeds policy limitations
- Service or number of services within the period of time
- Injection or amount of injections
- Any procedures testing or endoscopies
- Office visits unless it was needed due to an emergency
- Same services by more than one physician during the same period
- More than one visit per day
- Extensive procedure
- Other \_\_\_\_\_

We will provide our findings to you at the time of your appointment. It is advisable for you to contact your insurance provider to verify benefits if you have any questions.

**If you have any questions about your appointment please call us at:  
713.328.0828**



# The Center for ALLERGY & SINUS



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[www.centerforallergyandsinus.com](http://www.centerforallergyandsinus.com)

## ALLERGY TESTING Instructions & Important Information



# The Center for ALLERGY & SINUS

### Your Allergy Test Appointment is:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

Deposit Amount: \_\_\_\_\_

**Check in with the allergy department upon arrival. If it is necessary to cancel or reschedule your test please notify us at least 24 hours prior to the scheduled appointment. Please arrive ON TIME, if you are late the appointment may need to be rescheduled.**

Your physician would like us to perform a complete allergy workup and evaluate an allergy management program for you. The first step is to find out exactly what is causing your allergies. Inhalant allergens are airborne particles that trigger allergy symptoms after inhalation. We will test you for those things we have found in our area to be the most common causes of inhalant allergies.

## 1 ALLERGY TEST INSTRUCTIONS

**DO NOT** take any cold medicines, nasal sprays, or sinus medications that contain an antihistamine.

### PLEASE REVIEW RESTRICTED MEDICATIONS FORM

**DO NOT** take allergy injections for the two weeks prior to testing.

**DO NOT** use any lotions, creams, sprays, etc. on any part of your arms the day of the allergy skin test. Underarm deodorant/antiperspirant is permitted.

**DO NOT** handle the newspaper the day of the allergy workup.

**DO NOT** bring small children with you to the test. An adult may accompany a child being tested.

**DO** take a plain decongestant like Sudafed for congestion, if needed.

**DO** notify the Allergy Dept. if you are taking any Beta-Blockers (blood pressure medication). Your ENT doctor may suspend the allergy testing or request further blood pressure medication options from the prescribing physician.

**DO** wear a SLEEVELESS or SHORT SLEEVE shirt or blouse that will slide up over the shoulder.

**DO** eat a good meal before your appointment.