Northeastern Pulmonary Associates, LLC

27 Naek Road, Unit 2
Vernon, CT 06066
(860) 875-2444

Allergy Nurse(s): Doris Walker LPN, Yvonne Salaun LPN, Christine Fritz LPN

Patient Instructions for Allergy Testing

Skin testing is a method of testing for allergic antibodies. Small amounts of allergens are placed on the skin &/or just under the skin. Any reaction is noted. There are two parts to testing: Scratch and Intradermal. Each part of the testing takes 20 minutes. At the end of your test, you will receive a copy of your results. These results will be discussed at your follow-up appointment in our office with one of our providers.

1. *If you are scheduled for a skin test, please wear a short sleeve shirt as the test is performed on both arms. The testing takes about 1 hour so we suggest you bring something to do such as a book, magazine, headphones, etc.*

2. *Attached you will find a list of medications. Please review them carefully.* ***DO NOT TAKE ANY ANTIHISTAMINES FOR 3-5 DAYS PRIOR TO ALLERGY TESTING.*** *These medications will render the test invalid. Please be careful with any "over the counter" cold and sinus medications as they may contain an antihistamine. Check before taking any new medications. If you are on any antidepressants, you will need to speak to the prescribing doctor to see if you can stop them for 3 days prior to testing. They sometimes interfere with testing as well. If you have any questions, please call the office and ask for the nurse.*

3. *Please notify us if you are currently on a Beta Blocker.* ***Do not stop this medication****. Just let us know you are on it.*

4. *Please note that you must call our office at least 24 hours in advance to cancel or reschedule your testing appointment. Failure to do so will result in a $150 "no show" fee.*

5. *Do Not Stop your Asthma medications (Inhalers, nebulizer, etc.) or any other breathing medication for COPD. Please hold any nasal sprays with an antihistamine and steroid.*

6. *Other information: Following allergy testing, you may take an antihistamine to control symptoms exacerbated by testing. Hydrocortisone cream may be applied to the area to relieve itching and swelling. Please review the attached list of medications, including herbal supplements, which should be avoided prior to allergy testing. If you have any questions, please call our office.*

7. ***Please do not bring your children with you while you are testing! This is an hour long test. Our allergy testing area is very small. You may bring them if they can sit in the waiting room with another adult.***

Allergy Testing Instructions Continued…… Page 2

Please notify us if:

1. *You are pregnant or think you may be pregnant.*
2. *Taking Beta Blockers*
3. *Have a fever or are wheezing, shortness of breath, or using your rescue inhaler more than usual. (Allergy testing will be rescheduled if your asthma is not well controlled on that particular day).*
4. *You took any over the counter cough, cold or sinus medications in the last 3 days.*
5. *If you have a fear of needles or have fainted when giving blood or receiving an injection.*
6. *You have had a severe allergic reaction or Anaphylactic reaction requiring an EPI Pen or an ER visit. If you have ever had a severe reaction to allergy testing or allergy shots in the past, we will not perform allergy testing on you. Blood work will be ordered instead.*

If you should have any questions regarding testing procedures or medications, please call our office and speak with one of the Allergy Nurses, as they will be performing the testing. Please remember to call at least 24 hours in advance if you wish to change or cancel your appointment to avoid being charged a $150 no show fee.

Insurance Information for Allergy Testing Coverage

Please note that it is your responsibility to call your insurance provider prior to allergy testing to find out what your "out of pocket" expenses might be. Call the membership phone number (usually found on the back of your insurance card) and give them the following CPT codes:

Skin Allergy Testing Coding (Give both codes to the insurance agent when calling)

95004 x 83 (CPT code x the amount of the most allergens tested)

95024 x 23 (CPT code x the amount of the most allergens tested)

Most insurance companies will cover allergy testing yearly. If you are coming in for a re-test, please verify the date of your last allergy test done, whether it was done here in our office or elsewhere. Allergy testing can be very costly if not covered by insurance. The vials for the allergens we purchase

are extremely expensive and we cannot decrease the price if your test is not covered. It is highly recommended that you call your insurance to verify coverage of these tests prior to having them done. Call your insurance company if you are unsure of when your last test was done and give them the codes above. Thank you.

Medications that interfere with Allergy Testing… This list is NOT all inclusive

If you have any questions regarding your medications, please call our office for verification at least 3 days before testing. ***All medications should be held for 3-5 days before testing!!!!*** *Please check generic names as well as Brand names!!*
Over the counter medications: *All allergy medications, Cold medicines, Sleep aids, Anti-itch creams containing antihistamine (local interference only) and any cough syrups*

*****Allergy Meds*****
Allegra (Fexofenadine)
AlleRx (Pseud-methscp)
Antihistamine sprays
Astelin nasal spray (Azelastine)
Astepro nasal spray (Azelastine)
Benedryl (Diphenhydramine)
Claritin (Lortadine)
Clarinex (Desloratadine)
Nolamine (Dextromethorphan
Pataday eye drops (Olopatadine)
Patanase nasal spray (Olopatadine)
Zyrtec (Cetirizine)
Xyzal (Levocetirizine)

Dizziness/Nausea/Diarrheal
Antivert (Meclizine)
Atarax (Hydroxyzine)
Compazine (Prochlorperazine)
Dramamine (Dimenhydrinate)
Phenergan (Promethazine)
Scopolamine Patch (Hyoscine)
Zofran (Ondansetron)

Herbal Remedies
Ginkgo
Valerian

The following medications interfere with Allergy Testing. DO NOT STOP THESE MEDICATIONS. Call our office and we will send you for laboratory testing instead of skin testing.

Phychotherapeutic Agents/ Antidepressants
Adderall (Amphetamine/Dextroamphetamine)
Buspar (Buspirone)
Buspar (Buspirone)
Celexa (Citalopram)
Clorazil (Clozapine)
Concerta (Methylphenidate)
Depakote (Valproic Acid)
Elavil (Amitriptyline)
Haldol (Haloperidol)
Klonopin (Clonazepam)
Librium (Chlordiazepoxide)
Lithium (Eskalith, Lithobid)
Paxil (Paroxetine)
Prozac (Fluoxetine)
Ritalin (Methylphenidate)

****Seizure medications****
Dilantin (Phenytoin)
Mebaral (Methylphenobarbitol)
Tegretol (Carbamazepine)
Phenobarbital (Phenobarbitol)

****Other:***
Neurontin

PLEASE CALL IF YOU HAVE ANY QUESTIONS ON THESE OR OTHER MEDICATIONS

Sedatives
Strattera (Atomexetine)
Trazadone (Desyrel, Oleptro)
Valium (Diazepam)
Wellbutrin (Bupropion)
Xanax (Alprazolam)
Zoloft (Sertraline)
Zyprexa (Olanzapine)