

## INFORMATION FOR ALLERGY TESTING

### WHY AM I BEING ALLERGY TESTED?

Your doctor feels that you are not responding well enough to medical treatment and wants to know what you are allergic to in the environment.

### HOW SHOULD I PREPARE FOR THE TEST?

You have already received an information packet that gives you all the information you need to know. Do not take any of the medicines listed or it will affect the results of your test and may put you in danger of having a reaction during your test. If you are not sure if the medicines you are taking are OK, ask your doctor or our allergy nurse.

Make sure you eat breakfast BEFORE coming for a morning appointment, and lunch BEFORE an afternoon appointment.

\*Note: If you cannot make your test appointment, **notify us 72 hours prior** or you will be charged a cancellation fee.

### HOW LONG WILL IT TAKE?

Depending upon how severe your allergies are, the test will take approximately 2 to 3 hours. Make sure you wear a sleeveless or short sleeve shirt.

### DOES IT HURT?

We will use needles, but the pain is minimal and similar to getting a Tb test on your arm. If you are concerned about the pain, your doctor can prescribe some numbing cream.

### WHAT HAPPENS DURING THE TEST?

We will test you for the 24 most common allergens in our area. They include weeds, trees, grasses, molds, dust mites, cockroaches and animals. Initially you will have plastic test trays placed on your forearm that will just “prick” the skin and screen you for allergies. If any of the “prick” tests are positive, we will then place different concentrations of those allergens under the skin of your upper arm to verify how severe those allergies are.

### WHAT HAPPENS AFTER THE TEST?

Our allergy nurse may give you an antihistamine and apply steroid cream to the test area. That helps minimize any discomfort after the test. The test area may remain red and slightly itchy for a day or so. If this persists, notify our allergy nurse. If possible, you will see your doctor immediately after the test to go over the results.

### WILL I NEED ALLERGY SHOTS?

Not everyone tested will need allergy shots. Medications and environmental controls are often enough to improve allergy symptoms. If not, your doctor may recommend allergy shots.