

ALLERGY TEST

Instructions & Important Information



Charleston
ent
& ALLERGY

Appointment Information:

Date: _____

Time: _____

Location: _____

Please arrive ON TIME. If you are late, the appointment may need to be rescheduled.

If it is necessary to cancel or reschedule your test, please notify us at least 48 hours prior to the scheduled appointment, or a \$50 nonrefundable charge may be posted to your account.

Charleston ENT & Allergy Main Phone: 843-766-7103

Your physician would like us to perform a complete allergy workup to develop an allergy management program for you. The first step is to find out exactly what is causing your allergies. We will test you for allergens most specific to your reaction history and local environment.

1 ALLERGY TEST INSTRUCTIONS

DO NOT take any cold medicines, nose drops (excluding nasal steroids), cough medicines, cough drops or other antihistamines for five days before your allergy test.

**Please carefully read the list of medications to avoid on the insert prior to testing. If you do not stop taking all the medications listed, they can interfere with test results and you may need to reschedule your test.*

DO NOT take allergy injections for one week prior to testing.

DO NOT wear heavily-scented perfume or cologne on the day of the allergy test.

DO NOT bring small children with you to the test. Only the patient is allowed in the testing area. If necessary, an adult may accompany a child.

DO notify the allergy department if you are taking any of the medications listed on the medication insert. You will need special instructions regarding these medications.

DO wear a SLEEVELESS or SHORT SLEEVE shirt or blouse that will slide up over the shoulder a hook style bra is preferred over a sports bra.

DO eat a good meal before your appointment

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

843-766-7103

www.charlestonent.com

2 THE TEST ITSELF

Your allergy test will take approximately 1-1.5 hours to complete. We will be able to tell you after the test if you are allergic to the allergens for which we tested.

The first phase of testing is a prick test on your back, which will test you for 58 of the most common allergens in our area, such as molds, pollens, dust mites and animals. The second phase of testing is called intradermal testing. This portion is done on your upper arms using tiny needles that go right under the top layer of skin. Once both portions are completed, we will have a complete list of your positive allergens. This information is needed to make allergy serum for you if your provider determines you are a candidate for immunotherapy (allergy shots or drops).

3 ADDITIONAL INFORMATION



Penicillin: Many patients mistakenly identify themselves as allergic to penicillin when they have likely outgrown this allergy. Although approximately 10 percent of the population is labeled as being allergic to penicillin, over 90 percent of these individuals are negative on allergy testing and can tolerate it.



Contact dermatitis: By applying adhesive patches that include the most common allergic contact allergens, the culprit can be identified. Specific contact allergens can be avoided once they have been identified, and the use of "safe" products free of your sensitivities can prevent subsequent allergic reactions.

4 INITIAL TESTING INCLUDES



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 and dogs.

5 WAYS TO TREAT

It is important to remember allergy problems are inherited and cannot be completely cured. However, you could have up to a decade of long-lasting relief after completing three to five years of immunotherapy. Further, allergy treatment can prevent the development of new allergies, reduce the risk of asthma onset/progression and lead to more symptom-free days with less medication.

WAYS TO TREAT ALLERGIES:

Environmental Controls

One treatment for your allergies is avoidance. If you are experiencing chronic symptoms, keep your home free of allergens by leaving your windows open and cleaning your kitchen and bedding.

Medications

Medical therapy that may provide short-term relief:

- Antihistamines
- Decongestants
- Nasal corticosteroids

Immunotherapy

Allergy shots/subcutaneous immunotherapy (SCIT)

- Conventional injections are given from weekly to daily. As long as injections are tolerated without significant reactions, the maintenance dose should be reached in 20 shot visits. We recommend the maintenance dose be continued weekly for the first year before the frequency in between shots is extended.
- Cluster doses (Patient must not have asthma, be 18-65 years old and have no significant cardiac or pulmonary issues.) A series of three doses from a set of vials will be given at the same visit in 30-minute intervals. The patient will have three weekly shot visits including an office visit prior to each shot visit. After the 3-week cluster buildup, we invite twice weekly to weekly visit to reach maintenance dose in 2-5 weeks. We recommend that the maintenance dose be continued weekly for the first year before the frequency between shots is decreased.

Allergy drops/sublingual immunotherapy (SLIT)

- Serum is made in drop formula and taken under the tongue.

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FOOD ALLERGY TESTING

You may be sensitive to different foods. An allergy can develop for foods that a person has eaten for years with no problems. The majority of adverse reactions are caused by eggs, milk, wheat, soy, peanut, tree nuts, and shellfish.

Many people have questions concerning food allergies. If a person has a food allergy, the allergy can be determined by evaluating what the person eats on a regular basis (a food diary), reviewing a person's history of reactions to foods and conducting an allergy test. If you believe you have food allergies and would like for foods to be included in your allergy test, make sure to let your provider know, so this can be part of your testing panel.

**PLEASE DISCUSS ALL MEDICATIONS
WITH THE NURSE OR ALLERGY
TECHNICIAN**



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

843-766-7103

We recommend you contact your insurance provider to verify benefits if you have any questions about coverage. If your insurance company determines that a particular service is not covered due to policy provisions or necessity under your insurance contract, the remaining balance will be your responsibility.

Our allergy department makes every effort to verify your insurance and complete your financial estimate prior to your testing appointment. However, if you have not heard from us and would like this information before proceeding with testing, please contact one of our benefit coordinators.

**You can reach our Benefit Coordinator
by calling 843-766-7103
www.charlestonent.com**



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Allergy Dept Phone Number:

843-766-7103

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Mount Pleasant, South Carolina 29464

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Windmill Station

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