

Patient Name: \_\_\_\_\_ Order Date: \_\_\_\_\_



## Porter Medical Associates

The following medications should be stopped 5-7 days prior to initial testing, and 14 days prior to re-testing, unless otherwise instructed.

If you are taking any medications for your heart, notify our office immediately.

# Allergy Testing

### What Is An Allergy Test?

An allergy skin test, also called a scratch test, is used to identify the substances that are causing your allergy symptoms. It is performed by applying an extract of allergen to your skin, pricking the skin to allow exposure, and then evaluating the skin's reaction.

### Before your Allergy Test

Inform the tech who is going to perform the skin test about all medicines you are taking, including over-the-counter medications.

Since over-the-counter antihistamines stop allergic reactions, you should not take them for five days before the test. Talk to your doctor about discontinuing your prescription medications prior to the test.

The list to the right is medicines to avoid before the test, because they could interfere with the results of your test. Since you may not be able to discontinue certain medicines, we may perform a separate "control" test to determine if that particular drug will interfere with the test.

### What Happens During The Test?

First the Tech will examine the skin on your forearm and clean it with alcohol.

A small disposable pricking device, with a drop of extract for each potential allergen on it, is then used so the extract can enter into the outer layer of the skin, called the epidermis. The skin prick is not a shot and does not cause bleeding.

If there are allergic antibodies in your system, your skin will become irritated and may itch, much like a mosquito bite. This reaction means you are allergic to that substance.

### How Long Does the Test Last?

It takes approximately 45 min for the entire appointment. The allergen placement takes 5-10 minutes. Then you will have to wait about 15 minutes to see how your skin reacts. The Tech will then measure and record the reactions, if any, and explain your treatment options.

### Will it Hurt?

The testing may be mildly irritating, but most people report no pain.

### Insurance Coverage

Your insurance benefit for this exam will be verified prior to your appointment, and you will receive a call with the benefit details THE Friday prior to your appointment. If you have questions, please call 210-341-9614 and press option #3 for the Ancillary Lab.

### NO SHOW/SAME DAY CANCELED APPOINTMENTS

Please call us 24 hours in advance to cancel or reschedule your appointment. A no-show/same day cancellation/reschedule fee of \$50.00 will be assessed if you do not call to cancel or reschedule 24 hours prior to your appointment date & time.

Your apt is scheduled on: \_\_\_\_\_ Time: \_\_\_\_\_

Location:      Medical Center      Downtown      New Braunfels      Pat Booker

Patient Signature X \_\_\_\_\_

### Antihistamines:

Actifed	Dimetapp	Periactin
Advil Cold/Sinus	Diphenhydramine	Phenergan
Alavert	Dramamine	Polaramine
Allegra & Allegra D	Drixoral	Q-Dall
Antivert	Excedrin PM	Robitussin
Astelin	Formula 44	Rondee
Atarax	Hismanal (stop 6 wks prior)	Ru-Tuss
Axid	Isoclor	Sudafed
Benadryl & Sominex	Kronofed A	Tavist & Tavist D
Bromphen	Marax	Teldrin
Brovex	Midol PM	Temaril
Chlorpheniramine	Naldecon	Triaminic
Chlor-Trimeton	Nolahist	Trinalin
Clarinex	Nolamine	Tylenol Cold/Sinus
Claritin & Claritin D	NyQuil	Tylenol PM
Comhist	Optimine	Vistaril
Comtrex	Ornade	Zyrtec & Zyrtec D
Deconamine	Pannaz	
Dextromethorphan	PBZ	

### Anti-Emetics:

Tagamet  
Compazine  
Pepcid  
Zantac

### Herbal Supplements:

*\*Stop 3 weeks prior to testing\**  
Green Tea  
Saw Palmetto  
St. John's Wort

### Corticosteroids:

*\*Stop 2 weeks prior\**  
Topically  
Chronic Orally

### Antacids:

Tagamet  
Pepcid  
Zantac

### Tricyclic Antidepressants:

*\*Mild Effect\**  
Elavil  
Anafranil  
Norpramin  
Sinequan  
Tofranil  
Pamelor

### Nasal Sprays:

*\*Stop 24 hours prior to testing\**  
Nasonex  
Nasacort  
Nasacort AQ  
Flonase  
Rhinocort  
Rhinocort Aqua  
Nasarel  
Vancenase  
Beconase  
Dymista  
Omnaris