

PREPARING FOR YOUR CHILD'S ALLERGY TEST PATIENT INFORMATION

Please review the medication list below. It is important for proper test results that your child discontinue the use of these medications for the time frame indicated.

PLEASE NOTE:

If your child has a history of anaphylaxis (a life threatening allergic reaction) please **continue** the use of prescribed or over the counter medications even prior to your allergy test. If you are not sure of your child's history please consult your child's physician.

Medication to be Withheld Prior to Allergy Skin Testing

Antihistamines/ Medications containing Antihistamine

<p>Antihistamines or Antihistamine containing medications to be withheld 3 days prior to your allergy test.</p>	<p>Actifed, Allegra, Aspirin, Atarax, Atrohist, Benadryl, Bromfed, Chlorpheniramine, Chlor-Trimeton, Clarinex, Claritin, Codimal, Comhist, Deconamine, Dimetapp, Dramamine, Extendryl, Isochlor, Kronofed A, Kronofed A Jr., Excedrin PM, Ibuprofen, Marax, Midol PM, Naldecon, Nolahist, Nalamine, Novahistine, Optimine, PBZ, Periactin, Phenergan, Polyhistine, Proaramine, Ritalin, Rondec, Ru-Tuss, Rynatan, Tavist 1, Tavist 2, Teldrin, Tagamet, Trinalin, Tylenol PM, Vistaril, Zantec & Zyrtec.</p>
<p style="text-align: center;"><u>Special Attention</u></p> <p>Inhalers that should be avoided for 6 hours before testing if possible.</p> <p>Inhalers that should be avoided for 24-28 hours before testing if possible</p>	<p>Claritin & Claritin-D - <u>DO NOT</u> take 7 days prior to your allergy test.</p> <p>Hismanal – <u>DO NOT</u> take 6 weeks prior to your allergy test. Avoid any over the counter preparations for cold, sinus or allergy.</p> <p>Azmacort, Alupent, Brethaire, Proventil, Serevent, Tornalata, Ventolin, Tilade & Flovent.</p> <p>Dulera</p>

► **DO NOT TAKE** for 3 days prior to your allergy test

- Medications: Antihistamines or antihistamine containing medication (See list)
- Muscle Relaxers or Tranquilizers
- Antidepressants (Check with your physician before stopping any antidepressants).
- Sedatives
- Nasal Sprays
- Ibuprofen (Advil, Motrin, etc.) and Nonsteroidal anti-inflammatory drugs.
- Aspirin, Excedrin, or Alka-Seltzer.
- Large doses of Vitamin C.

PATIENT INFORMATION IS CONTINUED ON THE BACK

Notify the allergy department if your child has been given **steroids** in any form (by mouth, by injection, into tendons, joints, intravenously or by lotion or cream within 4 weeks prior to your test.

Your child may take the following medications up to the time of your allergy test

- Asthma medications (try to avoid for 6 hours before the allergy test)
- Tylenol
- Plain decongestants (those with no antihistamines)
- Dr. Powell's nasal irrigation solution.

WHAT TO EXPECT AT YOUR ALLERGY APPOINTMENT

The following steps will guide you through the entire allergy testing process and prepare both you and your child for the allergy appointment.

Step 1: Allergy Impact Questionnaire

You will be asked to complete an Allergy Impact Questionnaire. This questionnaire will help determine if allergies are affecting your child's quality of life and identify patterns most consistent with allergies.

Step 2: The Allergy Scratch Test

This simple test takes approximately 30 minutes to perform and includes the application of the 58 most common symptom causing allergens native to your region and its surrounding areas. Most often the allergens are applied to your child's forearm and, in some cases, are applied to their backs. The application device has no needles; therefore little or no discomfort is associated with this test. The allergens or extract used for the test may cause local irritation (itchy skin) at the application site (if allergic) and usually resolves within an hour. After 15-20 minutes the test is discontinued and the reactions are measured and scored. Once an allergen(s) have been identified as positive your doctor or allergy specialist may recommend immunotherapy as a treatment option.

Step 3: Immunotherapy (E-mu-no therapy)

Allergen immunotherapy is a form of treatment aimed at decreasing your child's sensitivity to substances called allergens. These allergens are identified by the allergy scratch test, and are the substances that trigger allergy symptoms when exposed to them.

Immunotherapy has been shown to prevent the development of new allergies and, in children, can prevent the progression of the allergic disease from allergic rhinitis to asthma. Allergen immunotherapy can lead to the long-lasting relief of allergy symptoms long after treatment is stopped.