

WHAT TO EXPECT AT YOUR ALLERGY APPOINTMENT

The following steps will guide you through the entire allergy testing process and prepare you for the 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 quality of life and identify patterns most consistent with allergies. You can fill out this questionnaire here online and bring it with you to your appointment or while at your doctor's office.

Step 2: The Allergy Scratch Test

The 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 the patient's forearm and, in some cases, to the backs of children. 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 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 sensitivity to substances called allergens. These allergens are identified by allergy testing, 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.

To learn more about allergen immunotherapy, how it works, and how it can help you have a better quality of life click [here](#).

Step 4: Follow-up Appointments

Your allergy follow-up appointments will occur only once every 5 months until the immunotherapy program has been completed or discontinued. During this appointment you will fill out a Quality of Life Questionnaire Form, which can be found [here](#). This is the patient's opportunity to communicate the effectiveness of their treatment over the past 5 months.

The next step in this follow-up appointment will be to re-evaluate the allergens identified on the first scratch test to ensure a decrease in sensitivity. It is not uncommon during these appointments to make adjustments to the therapy in an effort to better help the patient.