

Appointment Date: \_\_\_/\_\_\_/\_\_\_  
Time: \_\_\_:\_\_\_

## PREPARING FOR YOUR CHILD'S ALLERGY TEST PATIENT INFORMATION

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

### **PLEASE NOTE:**

If you have a history of anaphylaxis (a life threatening allergic reaction) please **continue** the use of your medications even prior to your allergy test. If you are not sure of your history or cannot discontinue your medications please consult your physician to discuss.

### ➤ **Antihistamines**

- |                    |               |               |              |
|--------------------|---------------|---------------|--------------|
| • Actifed          | • Deconamine  | • Novahistine | • Tagamet    |
| • Acid Reflux Meds | • Dimetapp    | • Nyquil      | • Trinalin   |
| • Allegra          | • Dramamine   | • Optimine    | • Tylenol PM |
| • Aspirin          | • Excedrin PM | • Periactin   | • Vistaril   |
| • Atarax           | • Extendryl   | • Phenergan   | • Zantec     |
| • Atrohist         | • Ibuprofen   | • Polyhistine | • Zyrtec     |
| • Benadryl         | • Isoclor     | • Proaramine  |              |
| • Bromfed          | • Kronofed    | • Ritalin     |              |
| • Chlorpheniramine | • Loratadine  | • Rondec      |              |
| • Chlor-Trimeton   | • Marax       | • Ru-Tuss     |              |
| • Clarinex         | • Midol PM    | • Rynatan     |              |
| • Claritin         | • Naldecon    | • Tavist-1    |              |
| • Codimal          | • Nolahist    | • Tavist-2    |              |
| • Comhist          | • Nalamine    | • Teldrin     |              |

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### **Special Attention**

Claritin & Claritin-D - **DO NOT** take 7 days prior to your allergy test.

Hismanal – **DO NOT** take 6 weeks prior to your allergy test. Avoid any over the counter preparations for cold, sinus or allergy.

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### ➤ **Inhalers**

(Avoid for 6 hours prior to testing, if possible):

- |             |            |
|-------------|------------|
| • Azmacort  | • Tonalata |
| • Alupent   | • Tilade   |
| • Brethaire | • Flovent  |
| • Proventil | • Ventolin |

(Avoid 24-48 hours prior to testing, if possible):

- Dulera

► **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
- Sleep aids (Z-Quil for example)
- Nasal Sprays
- Ibuprofen (Advil, Motrin, etc.) and Nonsteroidal anti-inflammatory drugs.
- Aspirin, Excedrin, or Alka-Seltzer.
- Large doses of Vitamin C.

**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.