

**SPOKANE VALLEY EAR, NOSE, THROAT & FACIAL PLASTICS
ALLERGY TESTING INFORMATION**

Many medications (prescription, over the counter and supplements) can interfere with allergy testing. **This may cause you to have no response to testing or inaccurate results. It is very important that you have discussed everything that you take with the allergy nurses prior to your appointment. All medications taken for anxiety, depression, migraines and heart conditions must be disclosed for your safety. Some medications require permission from the prescribing doctor to stop or taper off to allow for testing.**

Medications to avoid prior to testing

1 day	2 days	4 days	6 days	7 days
Singulair (Montelukast) Accolate (Zafirlukast)	Antihistamine Eye Drops: Pataday/Pazeo (olopatadine) Lastacaft, Optivar Zatidor (ketotifen) Nasal Sprays: Dymista, Patanase, Astelin Antacids: Zantac Ranitidine Cimetidine Famotidine	Antihistamines: Benadryl (Diphenhydramine) Chlorpheniramine Promethazine OTC sleep aids: Tylenol PM Unisom Advil PM, etc.	Antihistamines: Allegra, Aller-Fex (Fexofenadine) Claritin, AllerClear (Loratadine) Zyrtec, Aller-Tec (Cetiristine) Xyzal (Levocetirizine) Anti-Nausea: Compazine Dramamine Phenergan Reglan Scopolamine Tigan	Amitriptyline (Elavil) Hydroxyzine (Atarax) Seroquel (Quetiapine) Trazadone (Olepro) Benzodiazepines: Alprazolam (Xanax) Clonazepam (Klonopin) Diazepam (Valium) Lorazepam (Ativan) Midazolam (Versed) Herbal supplements: Milk Thistle, Astragalus, Feverfew, Saw Palmetto, St. John's Wort, Licorice, Green tea capsules, Butterbur, Stinging Nettle, Citrus Unshiu, Cellulose powder

This list is not all inclusive please contact us if you have questions or medication changes prior to your appointment.

MEDICATIONS THAT DO NOT NEED TO BE STOPPED INCLUDE: all asthma controlling and rescue inhalers, steroid nasal sprays (Flonase, Nasonex, Omnaris, Veramyst, Nasacort, Rhinocort, Qnasl, Zetonna) and sudafed.

- Allergy testing will be done on your forearms using Multi-Test PC sterile plastic devices.
- Please wear clothing that allows for easy access to test sites.
- If you have tattoos, scars, or broken skin that may prevent testing on your forearms, please contact the allergy department prior to your appointment.
- **Please do not bring children** to the testing appointment unless they are the patient scheduled for testing. Patients under the age of 18 (or who require a legal guardian) must have a parent/guardian present.
- **You will not be able to move your arms during testing.** Please *turn off cell phones prior to the testing.*
- **PLEASE DO NOT wear perfume, cologne, or scented lotions into our office** as this may contribute to severe symptoms and reactions for some of our highly sensitive patients.
- Do not plan to play sports, exercise, or swim/hot tub for at least 3 hours after the testing. Depending on your level of reaction to the testing you may be asked to avoid activity longer.
- If you are sick or having asthma symptoms (wheezing) or hives you will need to reschedule your testing.
- **Please give us at least a 24 hour notice (more if possible) if you can't make your appointment.** This will prevent waste of supplies and *give someone else the opportunity to be tested and treated sooner.*
- Test results will be explained to you by an allergy RN at the testing appointment.

Our billing department will call your insurance provider to check your benefits and coverage for allergy testing and treatment. *You should receive a call with an estimate of the cost of testing prior to your appointment.* We do not take payments for allergy-related charges, balances are due within 30 days of statement receipt.

Billing codes: ICD-10 j30.1, j30.81, j30.89 CPT 95004, 95024

If you have any questions upon receiving this information, please call **(509) 928-7272** Monday-Thursday between 8:00 a.m. and 5:00 p.m. The allergy department is closed Fridays and from 12:00-1:00 p.m. daily.

Allergy RNs: Lauren and Rosina Drs. Leavitt, Benage, Julian, Husein, and Van Buren