

Adult & Pediatric Ear, Nose & Throat Allergy Testing Instructions

The specific method of skin testing performed in this office is called MQT (Modified Quantitative Testing), which is endorsed by the American Academy of Otolaryngic Allergy (AAOA). This is a safe and effective method for determining one's environmental allergies and setting up for allergy treatment.

ALLERGY TESTING POLICY:

- Certain medications are known to interfere with allergy testing. It is important that we have the most current list of medications (including over-the-counter) you are taking to minimize side effects or adverse reactions. Such medications include:
 - **Beta-Blockers**
 - **Monoamine Oxidase inhibitors**
 - **Tricyclic anti-depressants**
 - **Tetracyclic anti-depressants**

Notify our office if you are taking any of these medications; please do not discontinue without physician direction.

- Prescriptions and/or over-the-counter antihistamines, cold preparations, allergy/steroid eye drops, oral steroids, and creams (**such as: Zyrtec, Xyzal, Allegra, Claritin, Clarinex, Astelin/Astepro, Benadryl, Chlortrimaton, Patanol/Pataday, Allergy Visine, Medrol dose pack/Prednisone**) should be stopped 14 days prior to allergy testing. After the test you may resume taking all medications.
 - Do not discontinue taking inhaled steroids or nasal steroids. You may continue taking those as directed.
 - All vitamins and herbal medications should not be taken the morning of allergy testing (such as: Vitamin-C, St. John's Wort and Goldenseal).

INSURANCE

- You are responsible for checking with your insurance carrier concerning coverage and authorization. We will use the following CPT code: **95004 & 95024** for the test. For patients proceeding with Immunotherapy (allergy injections) **95165** (antigen preparation); **95115** or **95117** (injections).
- Patient co-pays, deductibles, and out of pocket portions left after insurance payment should be kept current and in good standing. If we are not participating with your carrier and prior arrangements have not been made, you will need to pay at time of service.

Please do not bring young children to your appointment as it takes 1 ½ -2 hours for testing. It is best to avoid smoking before the test.

*If you are pregnant, testing will be done by a blood test ONLY.

Allergy Test Date: _____ at _____