



Instructions for Allergy Testing

You doctor has recommended allergy testing to be performed on _____. This procedure represents procedure CPT Codes 95004 x 40 (Pricks to the back), 95024 x 38 (Intradermal to the arms), and 36415 (Blood draw). We encourage you to call your insurance carrier to confirm your benefits for this procedure. We would like to also review some important instructions regarding any medications you may be taking. Some medications interfere with the results-others may counter act your medications, which will result in an adverse effect. **Please note: Medical providers will be in office during the performance of your allergy testing. You will be receiving 40 small pricks to your back and 38 intradermal to your arms. All allergy testing will be done by a qualified medical assistant. You will be scheduled for follow up 2 weeks after testing to review the results with a medical provider..**

Please do not take: any antihistamines or anything containing one (see attached list) **7 days** prior to your test.

Please do not take these medications **3 days** prior to your allergy test:

- Muscle relaxers or tranquilizers
- Tricyclic Antidepressants (Check with the physician who prescribed the medication prior to stopping the medications)
- Sedatives
- Nasal sprays (prescription or over the counter)
- Nonsteroidal anti-inflammatory drugs e.g. Ibuprofen (Advil, Motrin, etc.), Aspirin
- Excedrin, or Alka-Seltzer
- Any supplement containing Vitamin C

Please notify us if you are given steroids in any form (by mouth, injection, into tendon or joint, intravenously, or by lotion or cream) within **4 weeks** prior to your test.

You may take these medications up to the time of your test

- Asthma medications (try to avoid for 6 hours prior to the test)
- Tylenol (regular or extra strength only)
- Birth control pills or hormones
- Fluid pills
- Pain decongestant (those with no antihistamines)
- Sinus Rinse

If you take Beta Blockers (see attached listed) you will not be able to have allergy testing or injections. Please discuss this with us before your test or any allergy injections. Also, please notify us if you have any cardiac problems, take cardiac medications or have a pacemaker.

The test will take 1.5 to 2 hours. The test may be shortened and/or administered over multiple visits based on patient reactivity to the testing process. Females please wear an open back tank top and have hair pulled back. When being seen for allergy testing or treatment, please DO NOT wear scented products (body lotion, perfumes, cologne, etc.) which may affect your results. If it is necessary to cancel your test, please notify us at least 7 business days prior to you appointment. If we are not notified and you do not show up for your appointment, there will be a \$150 missed appointment charge. Please eat before you come, this is not a fasting test. Please call 615-832-2200 if you have any questions.

Patient Name: _____ DOB: _____

Beta Blocker Medication List

If you take Beta Blockers you will not be able to have allergy testing or injections. Please discuss this with the allergy nurse before your test or any allergy injections.

Brand Name	Generic Name
Betachron	Propranolol
Betagan (eye drops)	Levobunolol
Betimol (eye drops)	Timolol
Betoptic (eye drops)	Betaxolol Hydrochloride
Betoptic S (eye drops)	Betaxolol
Blocadren	Timolol
Bystolic	
Cartrol	Carteolol
Coreg	Carvedilol
Corgard	Nadolol
Corzide	Nadolol & Bendroflumethlazide
Inderal	Propranolol
Inderal LA	Propranolol
Inderide	Propranolol & Hydrochlorothiazide
Inderide LA	Propranolol & Hydrochlorothiazide
Innopran XL	Propranolol
Istalol (eye drops)	No Generic
Levatol	Penbutolol
Lopressor	Metoprolol
Lopressor HCT	Metoprolol & Hydrochlorothiazide
Metipranolol	Metoprolol
Normodyne	Labetalol
Ocupress (eye drops)	Carteolol Hydrochloride
Optipranolol (eye drops)	Metipranolol & Betaxolol Hydrochloride
Sectral	Acebutolol
Tenoretic	Atenolol & chlorthalidone
Tenormin	Atenolol
Timolide	Timolol & Hydrochlorothiazide
Timoptic (eye drops)	Timolol
Timoptic XE (eye drops)	Timolol Gel Forming
Toprol XL	Metoprolol
Trandate	Labetalol
Trusopt (eye drops)	Dorzolamide Hydrochloride
Visken	Pindolol
Zebeta	Bisoprolol
Ziac	Bisoprolol & Hydrochlorothiazide



Drugs That Interfere With Allergy Testing

Antihistamine containing medications-stop taking these medications for **7 days** prior to allergy testing.

- Actified
- Allegra
- Atarax
- Atrohist
- Benadryl
- Chlorpheniramine
- Chlor-Trimeton
- Comhist
- Deconamine
- Dimetapp
- Dramamine
- Excedrin PM
- Isoclor
- Kronofed A
- Kronofed A Jr.
- Marax
- Midol PM
- Naldecon
- Nolahist
- Novahistine
- Nolamine
- Optimine
- Phenergan
- Poly-Histine
- Ritalin
- Rondec
- Ru-Tuss
- Tagamet
- Tavist I
- Tavist II
- Teldrin
- Tylenol PM
- Zantac
- Astelin
- Patanase
- Zyrtec
- Claritin
- Claritin D

If possible, inhalers should be avoided for **6 hours** before testing:

- Azmacort
- Alupent
- Brethaire
- Proventil
- Serevent
- Tornalate
- Ventolin
- Tilade
- Flovent