

Paradise Pediatrics

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ALLERGY TESTING INFORMATION

What is Allergy Testing?

- Allergy testing is a procedure performed by a trained medical doctor that can identify if your body has an allergy to certain substances, in a controlled and safe setting.
- Allergies can cause a wide range of varying symptoms, from nasal congestion, sneezing, hives, trouble breathing and even anaphylaxis.
- The purpose of allergy testing is to identify these potential allergies and have the patient become aware of their risks and triggers of an allergic reaction.

In our office we test for environmental allergies, such as pollen and dust mites, and we also test for food allergies, including milk and shellfish. We test for over 72 different allergens. You can see the full list of all the allergens we test for on the last page of this handout.

Before the testing, DO NOT:

1. Do NOT take any prescription or over the counter oral antihistamines for at least 1 week before testing
 - a. These include Benadryl, Claritin, Zyrtec, Singulair/Montelukast, Allegra, Xyzol
2. Do NOT take any nasal or eye antihistamines medications at least 2 days before testing
 - a. These include Pataday, Patanol, Astepro, Optivar and Astelin
3. Do NOT take any over the counter sleeping medications and other prescribed drugs that may have antihistamines in them 2 weeks before testing.
 - a. These include Tylenol PM, amitriptyline hydrochloride (Elavil), hydroxyzine (Atarax), doxepin (Sinequan), and imipramine (Tofranil)
 - b. You cannot be on any tricyclic anti-depressants, antihistamines, or beta blockers 7 days prior to testing.

Before testing, YOU MAY:

1. You may continue to use your intranasal allergy sprays such as Flonase Rhinocort, Nasonex, Nasacort, Omnaris, Veramyst, and Nasarel.
2. You may continue asthma inhalers (inhaled steroids and bronchodilators) and oral theophylline (Theo-Dur, T-Phyl, Uniphyll, Theo-24, etc). These meds do not interfere with skin testing and should be used as prescribed.
3. Most drugs do not interfere with skin testing but make certain that your physician and nurse know every drug you're taking

We cannot administer skin testing if you are unable to stop medications that interfere with testing. Antihistamines, tricyclic anti-depressants, or beta blockers can cause the test results to be invalid due to the antihistamines still in the patient's system and may result in false negatives.

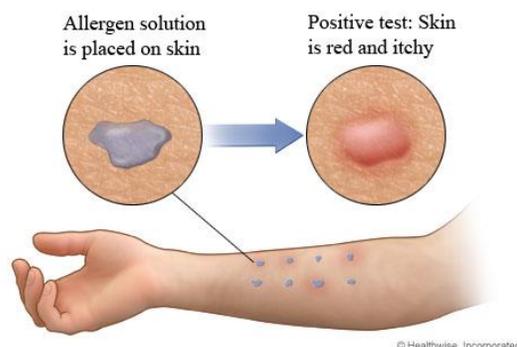
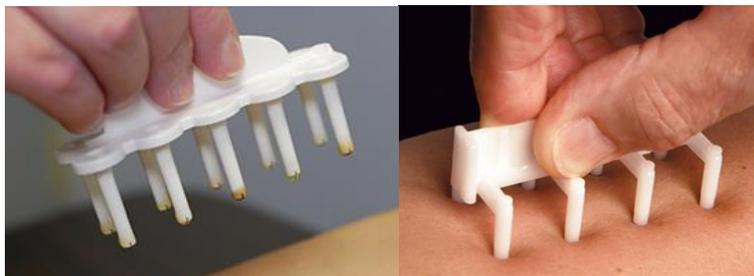
Always consult your prescribing doctor before discontinuing any prescribed medications

What happens during the testing?

- At Paradise Pediatrics, we perform our allergy testing by a prick skin test on the patient's back.
- The entire procedure will take about **1 hour**, but be aware it could be longer.
- In the rare event that a more serious reaction occurs in which the patient has any trouble breathing, throat/tongue swelling or anaphylaxis during the test, our staff is fully trained and emergency equipment is available in the testing room.
- Other less severe reactions may still require immediate therapy. Please let the staff know immediately if you start to feel any of the following symptoms: itchy eyes/nose/throat, nasal congestion, tightness in the throat/chest, increased wheezing, lightheadedness, faintness, nausea/vomiting, hives, and generalized itching.

What is the Prick Skin Test?

- Prick Skin Tests are a method of skin testing for allergic antibodies.
 - A skin test consists of introducing small amounts of suspected substances, known as allergens, into the skin and noting the development of a positive reaction.
 - A positive reaction consists of a swelling in the surrounding area of redness.
 - The results are read at 15 minutes after the application of the allergen.
- In our office we use the prick method. This is **NOT** a needle. Instead we slightly prick the skin to expose the superficial layer of the skin and then we are able to place the allergens into this layer.
 - Most patients tolerate the testing well. With prick testing, we are able to test up to 10 allergens at once.
- Any positive result is a red, itchy, raised bump at the prick site called a wheal (looks like a mosquito bite). A wheal indicates sensitivity to a specific allergen.
- We measure the size of the reaction in order to tell how severe the allergy is.



What happens after testing?

- After the skin testing you will consult your physician who will make further recommendations regarding your treatment.
 - *Avoidance*- We may suggest changes in your diet, activities, and/or environment to decrease your exposure to allergens
 - *Medication*- If symptoms persist despite attempts to avoid allergens or avoidance is not feasible, we may recommend medication that may control or reduce your symptoms
 - *Allergy immunotherapy*. See additional handout for more information on immunotherapy offered by Paradise Pediatrics.
 - Any reaction during the testing, including the red, itchy bumps will gradually disappear over a period of 30-60 minutes and no further treatment to them is necessary.
 - Following testing, cool Benadryl gel may be applied to stop the reactions from swelling and to help the itch.



Each patient's allergy problems are unique. Once we confirm the allergens you are sensitive to, we will tailor a treatment plan specific to your allergies.

List of Allergens

A Panel- Grass

1. Positive Histamine control
2. Cat
3. Dog
4. Horse
5. Bahia Grass
6. Bermuda Grass
7. Timothy Grass
8. Perennial Rye
9. Johnson Grass
10. Negative Control

B Panel- Mold

1. Acremonium mold
2. Alternaria Mold
3. Aspergillus fum mold
4. Aureobasidium mold
5. Bipolaris mold
6. Rhizopus mold
7. Cladosporium herb mold
8. Cladosporium sphaer mold
9. Drechslera mold
10. Penicillium chrys mold

C Panel- Insect, Tree

1. Fusarium mold mix
2. Mucor mold
3. Cockroach mix
4. Dustmite mix
5. Queen Palm tree
6. Pepper tree
7. Ash, Red tree
8. Bayberry Tree
9. Birch, Red tree
10. Maple-Box elder tree mix

D Panel- Tree

1. Cedar, Red Tree
2. Sycamore, American tree
3. Cypress, Bald tree
4. Elm, American tree
5. Oak, Eastern tree mix
6. Hickory-Pecan tree mix
7. Willow tree
8. Mulberry, Red tree
9. Pine, white tree
10. Sweet gum tree

E Panel- Weeds

1. Mugwort, common weed
2. Plantain, English weed
3. Pigweed, Rough
4. Baccharis weed
5. Cocklebur weed
6. Nettle weed
7. Dock-sorrel weed mix
8. Ragweed, Short weed
9. Lambs quarter weed
10. Marsh elder Burweed

F Panel- Food

1. Milk
2. Wheat
3. Egg White
4. Corn
5. Soybean
6. Codfish
7. Apple
8. Banana
9. Strawberry
10. Watermelon

G Panel- Food

1. Chicken
2. Pork
3. Beef
4. Mushroom
5. Potato
6. Tomato
7. Chocolate
8. Shellfish mix
9. Coconut
10. Peanut

H Panel- Food

1. Oat Food
2. Rye Food
3. Barley
4. Malt
5. Sesame seed
6. Egg yolk
7. Shrimp
8. Peach