



SOUTHWEST OHIO

# ENT SPECIALISTS

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[www.mydaytonent.com](http://www.mydaytonent.com)

Dear Patient,

Your physician has suggested that allergies are a potential source of medical problems for you and wants you to have a complete allergy evaluation.

The first step in your allergy treatment program is an evaluation to determine the cause of your allergies. Some common causes are pollens, or other inhalants such as dust mites, molds, and animal dander. If you have skin testing, it takes approximately two hours, and at its conclusion we will be able to tell you what you are allergic to and how severe that allergy is. You will need to stop taking some cold medicines; nose drops or sprays; cough medicine /drops; and antihistamines prior to your test. Please see the enclosed list to know what and when to stop prior to your test. If in doubt, please call our office. Prednisone and cortisone preparations may affect your test results, so please call us if you are taking them. **We will not be able to obtain accurate results if you continue on these medications (see list).** If you are currently on a beta-blocker (a type of blood pressure medication), we will not be able to skin test or treat you in our office. If you are having a blood test (RAST), the appointment will take approximately 30 minutes, and you do not need to stop any of your medications. These results may take 10+ days to come back from the lab.

The second step in your allergy treatment program is the initiation of appropriate treatment upon referral from our ordering physician. This involves an injection(s) every week until your symptoms are relieved. Communication between you and an Allergy Nurse is essential during this period. You must let the Allergy Nurse know if your symptoms get worse, stay the same, or get better. You are the only one who knows how you feel; you are the monitor of your immunotherapy. Allergy treatment is a long term commitment and may take 3 to 5 years of treatment to change your immune system.

Allergies can only be controlled, not cured. Control is interrupted by colds, other infections, fatigue, stress or sudden temperature changes. You should not be discouraged by these interruptions. They are temporary and your progress should resume after the interruption ceases. Tobacco will interfere with your treatment. If you smoke, now is a good time to consider quitting!

Some patients have had testing and treatment in another location and wonder why they need testing again. Their treatment methods may have been different than ours. Also you may have been exposed to different allergens and need to be retested for them. We do not test for chemicals or stinging insect allergies.

The fees for allergy testing will be \$1050 depending upon the allergens you are tested for. If you have a co-pay for this it is payable at the time of your testing. Insurance codes have been provided with this information so you can check with your insurance provider for the level of coverage. We will file a claim to your insurance company. Payment of all fees is the responsibility of the patient if your insurance company does not cover allergy testing or treatment.

*Head & Neck Surgery • Ear, Nose, Throat & Sinus Surgery • Pediatric ENT • Voice Analysis & Rehabilitation*

<b>Main Location</b> 1222 S. Patterson Blvd. Suite 400 Dayton, OH 45402 (937) 496-2600	<b>Dayton Children's Office</b> One Children's Plaza Lower Level / Area LC Dayton, OH 45404	<b>Englewood Office</b> 9000 N. Main Street Suite 320 Dayton, OH 45415	<b>Troy Office</b> 1861 Town Park Drive Suite H Troy, OH 45373	<b>Centerville Office</b> 6601 Centerville Business Pkwy. Suite 200 Centerville, OH 45459
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**DO NOT TAKE THESE MEDICATIONS FOR THE TIME LISTED**

**BEFORE YOUR ALLERGY SKIN TESTING**

**NO MEDICATIONS NEED TO BE STOPPED FOR RAST TESTING!**

**7 Days Prior to Skin (SET) Testing**

**Any medication that contains Diphenhydramine (aka Benadryl)**

A lot of allergy, cold, flu, and cough medications have this as an added ingredient. Please check the label. If unsure, check with a pharmacist or call our office. These medications need to be stopped 7 days before the testing. *Failure to stop this in time will interfere with accurate results of your test and may necessitate rescheduling your test!*

**3 Days Prior to Skin (SET) Testing**

Most Nasal Sprays (Saline is ok)

**1 Day Prior to Testing**

Any topical Steroid / Anti-Inflammatory Cream, Ointment, Gel Solution, or Lotion

**Day of Testing**

**Do NOT Smoke!**

**Please be sure to eat breakfast and drink fluids the day of your testing.**

**If you are on a Beta Blocker medication (commonly used for high blood pressure), you will need to be RAST tested (blood draw) for your allergies. DO NOT STOP THIS MEDICATION FOR THE TEST!**

Please call 496-2620 X 454 with any questions!