

ALLERGY EVALUATION AND SKIN TESTING INFORMATION AND CONSENT



INITIAL ALLERGY EVALUATION - Will take approximately a half hour.

To determine the presence and significance of allergies for you (or your child), We will discuss and expand on the important history information, perform a physical exam, discuss medications and skin testing options, and allow time to answer questions. If skin testing is recommended and desired, we will schedule a separate day of testing for you, usually a Wednesday morning.

- First we ask you to complete the allergy/asthma questionnaire in as much detail as you can and bring it with you for that appointment.
- Also write down questions that you and your family have regarding symptoms, suspected allergies, and treatment options.
- Please bring any medications, inhalers, and extenders which have been prescribed.

SKIN TESTING DAY - May take approximately two hours to complete.

- We will initially review the history and perform a pertinent physical exam to provide additional information regarding allergies, as well as to rule out current infections. Allergy skin testing may need to be postponed if illness or active wheezing is present.
- We may also perform pulmonary function testing or peak flow monitoring if history suggests asthma. X-rays or blood tests may occasionally be necessary.
- Depending on the history and physical exam findings, we will recommend skin test screening for a variety of potential allergen groups, such as ragweeds, grasses, trees, weeds, molds, dust mites, cats, or dogs.
- If suspected allergy symptoms are severe and not controlled by medical and avoidance therapy, or allergy shots are being considered, we would refer you to an allergist who would do specific skin tests which could be used to prepare immunotherapy (allergy shots).
- If suspected allergy symptoms are mild or moderate and allergy shots are not being considered, we may perform the skin test screening to help identify and confirm specific allergens. This information will help us prescribe specific medications and avoidance measures for those allergens.
- PLEASE WITHHOLD ALL ANTIHISTAMINES for the listed time period prior to allergy testing as they may block the skin test responses: *Hismanal - 6 weeks, Seldane - 3 weeks, Atarax (Hydroxyzine) - 5 days, Claritin - 3 weeks. All other prescription and over-the-counter antihistamines, 48 hours (includes most cold and cough medicines, as well as Benadryl)*
- Asthma medications, including prednisone, albuterol (Ventolin or Proventil), Intal, theophylline, and inhalers should not interfere with skin testing and may be continued.
- Skin testing in our clinic is performed via the Multitest method on the back, which is better tolerated by children. Using this method, eight tests can be performed at once rather than performing multiple individual scratches.
- After skin testing is completed, we will discuss results and any recommendations of medication or avoidance measures with you, and allow you to ask further questions.
- Skin testing in general is about 85-90% sensitive compared to intradermal testing (involving needle injections under the skin), which means that occasionally we may get a negative skin test although the person may still have allergy symptoms in response to that allergen.
- Allergies to specific animals, pollens, molds, and other allergens may change with time, generally increasing as the child/adolescent ages. Therefore, repeat testing at a later time may be helpful and may yield different results.
- If allergy shots or more specific intradermal testing is desired or indicated at any point in the future, we would refer you (or your child) to an allergist who may need to repeat skin testing.
- Allergy skin testing may cause local symptoms of initial discomfort, redness, swelling, and itching. Asthma symptoms may temporarily worsen. There is also a very rare chance of an anaphylactic (allergic) reaction, which could be life-threatening if untreated. This risk is significantly less than that of allergy shots. We have medications available to treat such reactions and ask you to wait for a period of time after testing to watch for any side effects.

I have read and understand the risks and benefits of Multitest allergy skin test screening and give my consent for such testing to be performed for: (child) _____

Parent or guardian: _____ Date: _____