

## ALLERGY WORKUP INSTRUCTIONS

1. **DO NOT** take any antihistamines for at least five days before your allergy workup.
  - Examples: Antivert; Benadryl; Sominex; Tavist; Tavist-D; Chlortrimeton; Robinul; Zantac; Tagament; Atarax; Vistaril; Acid; Pepcid; Nytol; Phenergan; Excederin PM; Tylenol PM. Discontinue five (5) days prior to the workup.
  - If you take Allegra, Alavert, Claritin, Clarinex, Zyrtec, or Xyzal discontinue seven (7) days prior to workup.
  - If you use Astelin or Patanase Nasal Spray, discontinue seven (7) days before your workup.
  - If you are using Allergy Eye Drops such as Patanol, Pataday, or Optivar discontinue five (5) days prior to the workup.
2. You may take a plain decongestant like Sudafed for congestion.
3. Notify the Allergy Department if you are taking any of the Beta-Blockers on the following list. You will need special instructions regarding these medications.
4. If you are currently taking Allergy Injections discontinue them for **two weeks** prior to testing.
5. Do NOT use hairspray, perfume, aftershave, or other scented products the day of the allergy workshop.
6. Do NOT handle the newspaper the day of the allergy workup.
7. Please wear a SLEEVELESS or SHORT SLEEVE shirt or blouse that will slide up over the shoulder.
8. Please eat a good meal before the allergy workup.
9. Only the patient is allowed in the testing area. If necessary an adult may accompany children. Please do NOT bring small children with you to the test.

## BETA BLOCKER INFORMATION

### Important Drug Information for Allergy Patients

**What are Beta-Blockers?** Beta-blockers are medicines commonly prescribed for high blood pressure or heart conditions, or for control of migraine headaches, glaucoma, and tremors. Examples:

#### ORAL

<u>Brand</u>	<u>Generic</u>	<u>Brand</u>	<u>Generic</u>
Apo-Metoprolol	Metoprolol	Novo-Pindol	Pindolol
Apo-Propranolol	Propranolol	Novopropanol	Propranolol
Apo-Timol	Timolol	Normodyne	Labetalol
Betapace	Sotalol	Propafenone	Rhythmol
Betaloc	Metoprolol	Sectral	Acebutolol
Blocadren	Timolol	Slow-Itasacor	Oxprenolol
Brevibloc	Esmolol	Sorine	Sotalol
Bystolic	Nebivolol	Sotacor	Sotalol
Cartrol	Carteolol	Tenoretic	Atenolol
Coreg	Carvedilol	Tenormin	Atenolol
Corgard	Nadolol	Timolide	Timolol
Detensol	Propranolol	Toprol XL	Metoprolol
Inderal	Propranolol	Trandate	Labetalol
Inderide	Propranolol	Trasicor	Oxprenolol
InnoPran XL	Propranolol	Viskazide	Pindolol
Kerlone	Betaxolol	Visken	Pindolol
Levatol	Penbutolol	Zebeta	Bisoprolol
Lopressor	Metoprolol	Ziac	Bisoprolol

#### OCULAR (Eye)

<u>Brand</u>	<u>Generic</u>	<u>Brand</u>	<u>Generic</u>
AK-Beta	Levobunolol	Ocupress	Carteolol
Betagan	Levobunolol	OptiPranolol	Metipranolol
Betaxon	Levobetaxolol	Timoptic	Timolol
Betimol	Timolol	Xalcom	Timolol
Betopic	Betaxolol		
Cosopt	Timolol		
Istalol	Timolol		
Ocudose	Timolol		
Ocumeter	Timolol		

## ALLERGY WORKUP INFORMATION & INSTRUCTION BROCHURE



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Evans, GA 30809  
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1303 D'Antignac Street  
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Augusta, GA 30901  
(706) 868-5676 ext 277 or 209

### Your Allergy Workup Appointment is:

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

**Location:** \_\_\_\_\_

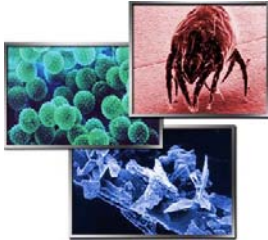
**Deposit Amount:** \_\_\_\_\_

Report to the Allergy Department within the specified location. If it is necessary to cancel or reschedule your test please notify the Allergy Department at least 24 hours prior to the scheduled appointment. **Please arrive ON TIME, if you are late the appointment must be rescheduled.**

Your physician would like for us to perform a complete allergy workup and begin an allergy management program for you. The first step is to find out exactly what is causing your allergies. Inhalant allergens are airborne particles that trigger allergy symptoms after inhalation. We will test you for those things we have found in our area to be the most common causes of inhalant allergies.

#### THE INHALENTS WE TEST FOR INCLUDE:

1. **DUST:** The type that is found in carpets, drapes, clothes, and other materials in the home.
2. **MITES:** These microscopic insects are found in the dust behind drapes, under beds, behind sofas, and inside mattresses.
3. **MOLDS:** There are many kinds of molds in our environment that cause problems, some indoors and others outside. These are usually associated with excess moisture.
4. **POLLENS:** Many plants such as weeds, trees, and grasses produce large quantities of lightweight airborne pollen.
5. **EPIDERMAL:** Animal dander, feathers, or fur from cats, dogs, horses and birds.



#### THE TEST ITSELF

Your allergy test will take about 1½ hour to complete. We will be able to tell you at the conclusion of the test if you are allergic to those things for which we tested you and the severity of the allergy. The test itself is done on the outside of your upper arm using small gauge needles. The needles go just under the top layer of the skin and are considered to be relatively painless.

After the causes of your symptoms have been determined we will begin your treatment program. This consists of a desensitization injection(s) twice a week for two weeks, and then once per week. This schedule might vary from patient to patient depending on how well your system can tolerate the allergy medicine. *Treatment for allergy is minimum of three years.*

At least five days prior to your allergy test you must stop taking all cold medicines, nose drops, cough medicines, cough drops, and other antihistamines in any form. Some medications may require a longer period of withdrawal. If you accidentally forget and take one of these medications we will NOT be able to perform your test. This is necessary because antihistamines shield your skin reaction and the skin reaction might not show up properly if you have been taking antihistamines.

#### PLEASE DISCUSS BLOOD PRESSURE MEDICATIONS WITH THE NURSE OR ALLERGY TECHNICIAN

It is important to remember that allergy problems are inherited and cannot be cured, only controlled. This control will occasionally be interrupted by occurrences such as colds, infections and fatigue. These interruptions should not discourage you, because they will usually be temporary. Your allergy is a very individual problem and will be treated that way at our office.

Occasionally, we have patients who come here after having been tested by a general allergist either in our area or in another location. The first question asked is, "Why can't you take the results of the test I've already had and go ahead with my treatment from there, because we already know my allergies?" The type of test you most likely had performed was a qualitative scratch or intradermal test that only reveals to what you are allergic. The testing done in this office (with small intradermal

needles) is both qualitative and quantitative. It tells us not only what you are allergic to, but also the extent of the allergy to each individual allergen. Consequently, we can start your shots at the dosage strength that should give you a favorable response much faster, usually within six months.

The first few weeks of your allergy treatment should be done in our office. If you live too far away and cannot come here for your shots, we will send your medicine along with instructions to your family physician or other qualified person for administration.

**A word to tobacco users.** You must realize if you use tobacco your allergy management will not be as successful as a non-tobacco user. Every effort should be made to give up this habit before you become involved with allergy testing and treatment. Even if you are a non-smoker tobacco smoke in the home will affect treatment. Cigarettes should be omitted from the environment of a patient with allergies.

Many people have questions concerning food allergies. Food allergy testing done by the routine scratch testing technique is generally no more than 20% accurate; therefore, we do not utilize this type of testing. A RAST test, a type of blood test that can determine food allergies, can be done at the request of your physician. After we administer your inhalant treatment for a period of 6 to 8 months, if you still feel as if you are having some problems, we will spend more time on the history of the food allergy. We may have you fill out diet sheets for us that go further into food allergy problems. About 80% of the patients we test for pollens and inhalants are able to be controlled with this treatment and do not need any further food allergy testing.

We do not recommend this treatment to a patient unless we feel fairly certain by history, examination and radiology, that allergies are the cause of your problems. Our job now is to find out what these allergies are and to start controlling them.