

## Ear, Nose, and Throat Consultants, Inc.

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Tel: 781-937-3001

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### Skin Testing Information

- Skin testing is a procedure which helps determine which substances(allergens) cause an allergic reaction in your body. Small doses of allergenic extracts are administered into the skin of your upper arm or forearm.
- Your doctor has determined you may have sensitivities to allergens that are contributing to your ears, nose, and throat symptoms and has ordered allergy testing.
- You will be called within a week if there is an issue with medications or health history. If you have reviewed the attached medication list and have questions, please contact our Allergy Department at (781)-937-3001 ext. 35. Testing appointments are available Monday through Thursday and every effort will be made to accommodate your scheduling needs.
- Plan on being in our office 1 ½ hours for your first appointment. You may not need a follow up appointment, but may request one, to discuss test results and have your doctor recommend a treatment plan suitable for you.

**Medication you take may interfere with accurate skin testing and should not be taken prior to testing.**

#### REFER TO ATTACHED SHEET

If in doubt about **any** medication call us. You may resume antihistamine use after all skin testing is complete.

- **BETA BLOCKERS:** are drugs commonly prescribed for high blood pressure, heart conditions, migraines, or glaucoma. Patients on Beta Blockers may be more reactive to testing and less reactive to epinephrine, which is used to treat an anaphylactic reaction. **DO NOT** discontinue beta-blockers without consulting with the physician who originally prescribed it! Please see attached beta-blocker sheet for additional information.
- All medications for asthma, including inhalers should be taken unless otherwise directed by your physician.
- If you are taking any steroids(oral or cream), antidepressants, sleeping medications, or medications for nausea (ex. Phenergan, Compazine, Amitriptyline (Elavil), Tylenol PM), let the nurse or allergy receptionist know when making your appointment.
- If you are **PREGNANT, YOU CAN NOT BE SKIN TESTED** or start immunotherapy. Please discuss this with the allergy staff prior to your appointment.

Please eat breakfast or lunch as you normally would. Wear a short sleeved shirt.

Children under 18 must be accompanied by an adult. Please arrange child care ahead of time for young children and for siblings. Testing may need to be rescheduled if childcare is an issue.

Our testing is done very conservatively by trained staff and physicians. Due to the intradermal injection of allergens into your system, the potential of an anaphylactic reaction is always possible, although extremely rare. Our office is prepared to handle this type of reaction.

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Due to the nature and amount of time reserved for these special testing appointments, we require a credit card number on file to reserve these appointments.

Please contact the office within the **48 hours** if the test needs to be rescheduled or canceled so that other patients who are waiting for the test may be contacted.

\_\_\_\_\_ By initialing this I acknowledge I will read the above information and follow instructions

\_\_\_\_\_ I further acknowledge that I will be charged a \$100 NO SHOW fee If I do not cancel my appointment 48 hours prior to appointment.

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

Type of Card: Visa/Master/Discover/AMEX

Card# \_\_\_\_\_ Exp Date: \_\_\_\_\_ CID: \_\_\_\_\_

Name: \_\_\_\_\_

Billing Address: \_\_\_\_\_

By Signing below, I am consenting that my credit card will be charged by Ear, Nose & Throat Consultants , Inc. for \$100.00 if cancellation notice is NOT given.

Print Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

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

\*\*\*\*\*Your card will not be charged unless you fail to give us more than 48 hours notice of cancellation\*\*\*\*\*