



TESTING FOR ALLERGIES AND SENSITIVITIES

Your appointment is on: _____

A specially trained nurse does the testing in our office, by the intradermal method. This means a very small injection is given into the topmost layer of the skin in the upper part of the arm. The skin injection is a relatively painless procedure, which even children soon learn to handle. The solutions used in our testing contain different strengths of the native allergen. Each allergen could be tested with different strengths. Your reactions are measured in different ways:

1. Through the growth of a wheal (bump) at the site of the injection
2. Through the experience of symptoms

The goal of testing is to find what you are allergic to, how sensitive you are, and how you can obtain relief. All testing methods have certain limitations and there is no test currently available which is 100% accurate. This also includes blood tests that we occasionally send out to outside labs.

WHAT WE TEST

The doctor, based on your medical condition, orders initial testing. Substances to be tested are divided into categories:

1. Moulds
2. Inhalants (such as pollens, cat, dog, dust mite)
3. Candida
4. Foods

PRIOR TO TESTING

In order for testing to be accurate, it is important that we eliminate some external factors. Because of this, we ask for your co-operation. Please review the following list:

1. **NO SCENTS:** Many of our patients are hyper sensitive to odours. Please use no perfumes, hair sprays, scented cosmetics, soaps, aftershave, or wear clothing that smells of perfume on the same day you come for testing.
2. **MEDICATIONS:** May interfere with the accuracy of the testing. Please avoid all non-essential medications and supplements THREE days prior to testing. Avoid high doses of vitamins. Avoid painkillers, sedatives and especially ALL ANTIHISTAMINES.

You must continue birth control pills, heart medication, anticonvulsants, anti-glaucoma, anti-asthma and other essential medications. In some instances, patients who take Beta-blockers cannot be allergy tested. If in doubt, make sure to ask your pharmacist or our office.

DO NOT COME IN FOR TESTING IF:

- a) You have infections such as a bad cold, or if you have a fever
- b) You have a migraine headache
- c) You are in your first trimester of pregnancy

DO COME IN IF YOU ARE EXPERIENCING ACUTE ALLERGIC REACTIONS. WE CAN OFFER YOU RELIEF.



REMEMBER

- **Please eat breakfast or lunch prior to testing. There is no food or drink during the testing.** This includes gum, mints, etc. You may have water if you become thirsty.
- Please wear a short-sleeved top, or a top where the sleeve pushes up freely.

For the best possible results, it is important that you strictly follow **ALL** of the above requirements. If these guidelines are not followed, we may have to send you home to return another time.

FOR YOUR COMFORT

Quiet games and toys are suggested for younger patients. **One** adult only should accompany children, and we ask that you do not bring non-patients with you, as our space is limited. It is best to discuss with your child the skin testing with “pokes” before coming to the office. You may bring a book to read, ear phoned music, or a small snack for afterwards. Cellular phone conversations are permitted in the hallway outside of the office. **Please turn your cellular phone ringer on vibrate or silent while in the office.**

TIMING

Session length is dependent on type of testing and your reactions to the testings. Inhalants typically require 1.5 to 3 hours, while food tests may require up to 3 hours and in some cases could take as much as 6 hours.

ADMINISTRATIVE

Due to the special testing solutions used here and the time involved, there is a charge for most tests. Some extended insurance companies will reimburse this fee (MSP does not). Payment is expected the same day that services are provided unless other arrangements have been made in advance.

It may be a good idea to mark on your calendar the date and time of testing, and to note also to stop all antihistamines THREE days prior to testing. Our office requires at least 24 hours notice of an appointment cancellation for testing.

Please read this form again carefully before coming for testing. Thank you.

FEES

- INHALANTS (up to 3 hours)- \$185.00 plus tax**
- MOULDS (up to 3 hours)- \$185.00 plus tax**
- CANDIDA (up to 3 hours)- \$185.00 plus tax**
- FOOD (up to 3 hours) - \$250.00 plus tax**
- Additional Time - \$35 plus tax for each additional 30 min of testing.**

WE ACCEPT CASH, CHEQUE OR VISA, AT THE TIME OF TESTING