

ENT, ALLERGY & SINUS PRACTICE

ALLERGY TESTING

Allergy testing is comprised of 1-2 appointments. The first part of the allergy testing is comprised of an allergy skin test for indoor, outdoor and airborne allergens. This is performed by “pricking” the surface of the skin and depositing a drop of the allergen. The second part of the allergy testing, which may or may not be done on the first appointment is comprised of an intradermal skin test. This testing is done by injecting, with a tiny needle, a small amount of allergen just underneath the surface of the skin.

REFERRALS

If your Insurance Plan requires you to have a Referral from your Primary Care Physician, you need to obtain one for your Allergy Consult, Testing Appointment. The referral must be for Dr. Rubinstein also and it must have Allergy Testing and Treatment as the diagnosis.

INSTRUCTIONS FOR TESTING

Please wear a short sleeved or loose fitting shirt on the day of your appointment.

DO NOT TAKE the following medications (**ANTI HISTAMINES**) for **7 DAYS** prior to your appointments:

PERScription ANTIHISTAMINES:

Alavert	Allegra
Antivert	Atarax
Clarinet	Hismanal
Naldecon	Periactin
Phenergen	Rynatan
Temaril	Trinalin
Vistaril	Xyzal

NON-PERScription ANTIHISTAMINES:

Actifed	Alka Seltzer Plus Sinus Allergy
Allerest	ARM
BC Cold Powder	Benadryl
Chlor-Triameton	Claritin
Comtrex Multi-Symptom	Contact Max Strength
Coricidin	Dimetane
Dimetapp	Drixoral
Pediacare Night Rest	Sinarest
Sudifed Plus	Tavist
Triaminic Allergy	Tylenol Allergy Sinus
Tylenol PM	Vicks Nyquil
Vicks Pediatric Formula 44	
Zyrtec	

ANTI HISTAMINE NASAL SPRAY:

Astelin, Patanase

These medications **CAN BE TAKEN** before allergy testing:

PERScription DECONGESTANTS:

Dura Vent	Entex LA
Entex PSE	Exgest LA
Guaifde PD	Respaire
Sinuvent	

NON-PERScription DECONGESTANTS:

Efidac 24
Pediacare Infant Decongestant Drops
Sudafed Tablets

PERScription NASAL SPRAY:

Atrovent	Beconase
Flonase	Nasacort (AQ)
Nasalide	Nasonex
Rhinocort	Vancenase
Veramyst	

NON-PERScription NASAL SPRAY:

Afrin	Ayr
Dristan	Nasalacrom
Nasal Moisturizer AF	Neo-Synephrine
Ocean	Salinex
Vicks Sinex	