



ALLERGY TESTING REFERRAL GUIDELINES

(Instructions for new patients and patients who require retesting)

Your appointment with the allergist is important. In order to diagnose and successfully treat your condition, the allergist will want to know your medical history; the frequency, severity, and duration of your symptoms; and any other factors that may be contributing to your allergies.

Your allergy appointment will last one – two hours. Please wear short sleeves, as skin tests may be performed on the lower or upper arms.

Medications

- If you are taking medication to control your allergy symptoms, you should be aware that antihistamines can suppress the results of testing. **Please do not take any medication containing antihistamines (Claritin, Zyrtec, and Allegra) for seven (7) days prior to your appointment.** Certain nasal sprays (Astelin and Dymista) also contain antihistamines and should be avoided for seven (7) days prior to the appointment.
- If you have **asthma** and take medication on a daily basis to control your asthma, **please continue to take your medicine.** This includes inhaled medications (Advair, Symbicort and Dulera). Inhaled albuterol (ProAir, Ventolin and Proventil) will not interfere with testing and may be used as needed. Singulair, an oral medication for treatment of asthma and nasal symptoms, will not interfere with testing and may be continued.
- Corticosteroid medication, inhaled (Flovent, Flonase and Qvar) or oral (prednisone, methylprednisone and Medrol), will not interfere with testing and should be continued.
- If you have questions about your medication and possible interference with testing, please speak to a pharmacist. There are some other medications that can have a mild effect on allergy testing, but most of these are uncommon. Please bring the names and doses of all medications you are taking to your appointment (bring actual bottles, sprays, inhalers, etc.)
- If you are seeing the allergist for dermatologic symptoms (hives) and do not want to have allergy skin tests, you may continue taking antihistamine medication. However, if you desire allergy skin tests, avoid antihistamines for seven (7) days prior to the appointment.

If your problem involves a possible allergy to stinging insects, please be aware that testing for sting insect venom allergy is not performed at the Student Health Center. The allergist will take your history, evaluate the condition, and make a referral to another facility for testing, if necessary.

If you have questions about the Student Health Insurance benefit, please direct your questions to the Patient Accounts department, phone 614-292-0113.

This appointment time is reserved for you. If you are unable to keep this appointment, please call 614-292-4321 to leave a cancellation message. **Please note: There is a \$20.00 charge for broken appointments.**