

# Ear, Nose, and Throat Consultants, Inc.

Jeffrey S. Brown, M.D., F.A.C.S.  
Thomas H. Costello, M.D., F.A.C.S.  
Andrew M. Doolittle, M.D.  
K.Holly Gallivan, M.D., M.P.H., F.A.C.S.  
Brianna N. Crane, PA-C  
Elizabeth A. Ketter, PA-C  
Karen S. Iliades, R.N.  
*ENT / Allergy nurse*

AnneMarie Czarnota, M.S., CCC-A  
Alysia S. Moon, Au.D., CCC-A  
Rachael E. Zugel, M.S., CC-A  
*Hearing and Balance Center*

Tel: 781-937-3001  
Fax: 781-937-3070

## Skin Testing Information

- ⤴ Skin testing is a procedure which helps determine which substances (allergens) cause an allergic reaction in your body. Small doses of allergic 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 with in a week to schedule testing. If you have not received a call from us, please contact our Allergy Department at (781)-937-3001 ext. 35. Testing appointments are available Monday to Thursday and every effort will be made to accommodate your scheduling needs.
- ⤴ Initially, two appointments will be set up. Plan on being in our office 1 ½ hours for your first appointment. The second appointment may take 45 minutes. Some people will be able to complete all testing during the first appointment, if this is the case your second appointment will automatically be canceled. You may have a follow up appointment, if necessary, to discuss test results and recommend a treatment plan suitable for you.

### **The following medication interfere with an accurate skin testing response and should not be taken prior to testing:**

- Antihistamine (ex. Claritin, Zyrtec, Allegra, Tavist, Semprex D, Astelin (nasal spray), Clarinex, Meclizine) should not be taken at least 60 hours prior to testing. If in doubt about **any** medication call us. You may resume antihistamine use after all skin testing is complete.
- BETA BLOCKERS: (ex. Propranolol, Metoprolol, Corgard, Inderal, Lopressor, Tenormin) 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.
- Discontinue over the counter (OTC) medications that contain an antihistamine 60 hours prior to testing.
- 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 or suffer from any chronic illness, please discuss it 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.

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.