

# Allergy Testing and Treatment

## Allergy Testing

We test for 40 different allergens – weeds, grasses, trees, dust mites, molds, cat, dog and cockroach. We do a combination of 2 different types of test. A prick puncture technique (applied on the upper back) and intradermal dilutional testing (applied on the upper arms). The testing takes approximately 2 – 2 ½ hours, a lot of this time is utilized in patient education.

## Treatment – Injections or Drops for environmental allergens

**Injections** - The testing gives us the information needed to make up your allergy serum for environmental allergens. We customize treatment sets based on your degree of sensitivity to each allergen. Injecting you with these allergens stimulates your body to produce blocking antibodies to those allergens. If you choose to go on allergy injections, you will be required to come to our office for the administration of the injections with a 20-30 minute wait after the injection. There is a 97% incidence that if you are going to have a reaction it will occur in 20-30 min.

**Drops** - Our office has available sublingual (under the tongue) treatment. Sublingual drops are not approved by the FDA therefore are not covered by insurance. They are administered at home and daily. If you have an interest in this method, someone in the allergy department will be able to answer any questions.

## EpiPen®

It is required that you carry an EpiPen® and Benadryl® on the day of your allergy injection as long as you are taking allergy injections. You will be instructed how and when to use the EpiPen® at your first allergy injection appointment. It is also required that an EpiPen® is available if you choose to go on sublingual therapy.

## Time Commitment

Allergy immunotherapy improves symptoms in 85-90% of patients. If the allergy injections or drops are benefiting you, it is recommended that you remain on the treatment for a minimum of 3-5 years with the understanding that when you stop your treatment, your blocking antibodies should remain elevated for another 5-7 years. Allergies are not curable so there is a chance that your symptoms could return and possibly may need to be retested and go back on treatment. Allergy injections will be weekly for 1-2 years, our goal is for the patient to go 2-3 weeks between injections. Some patients choose to remain on allergy injections indefinitely taking 1 shot every 2-3 weeks so they don't ever get to the point of having symptoms again. There are no long term side effects for being on allergy injections.

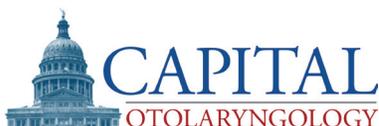
## Preparation for Testing

You will be given a preparation for allergy testing sheet as well as a history form which needs to be completed and returned on the day of testing. Once testing is completed, you may resume taking your antihistamines. The goal of allergy injections is to decrease the amount of daily medications you are currently taking. Some patients start to notice improvement in symptoms within 3 months.

## Insurance

Someone in our office will verify allergy benefits with your insurance company. We will attempt to give you an estimate of the approximate out of pocket expense for allergy testing, allergy serum and allergy injections. This is not a guarantee of payment. We encourage all patients to verify benefits also.

**Procedure Codes: Allergy Testing** 95004 and 95024 • **Allergy Injections** 95117 and 95165 • **Your diagnosis code is 477.9**



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