



Preparing for Allergy Testing

We want your allergy testing to go smoothly and safely while ensuring accurate results.

If you have any questions or need to reschedule or cancel, contact our office as soon as possible at **316-684-2838**.

Important: Please review these requirements carefully. If the steps in this guide are not followed, we may need to reschedule your appointment to keep you safe and ensure accurate results.

12 Key Items to Know Before Testing

1. Medications to Avoid: Beta Blockers*

- We cannot perform testing if you're taking **Beta Blockers** like Metoprolol, Atenolol, Lopressor, Timolol eye drops.
- **What to Do:** Check with your pharmacist to confirm if your medication is a Beta Blocker. **Do NOT stop taking it without talking to the doctor who prescribed it.**

2. Medications to Avoid: Atypical Antidepressants/Sedatives*

- **Do not take these medications 5 days or longer, prior to your appointment:** Bupropion, Eszopiclone, Mirtazepine, Quetiapine, Trazodone, Zolpidem, Wellbutrin, Lunesta, Remeron, Seroquel, Oleptro, Ambien.
- **What to Do:** Check with your pharmacist to confirm if your medication is an Antidepressant/Sedatives. **Do NOT stop taking it without talking to the doctor who prescribed it.**

3. Pregnancy

For your safety, we cannot test if you are pregnant. Please let us know if you are or might be pregnant so we can reschedule.

4. Children at the Appointment

Please arrange childcare, as children cannot come to the testing appointment. This helps us focus on your care and keep the testing area calm.

Your testing appointment is scheduled on:

Date: _____

Time: _____ **AM PM**

Location:

☐

East Office:

10090 E Shannon Woods Circle, Wichita, KS 67226

☐

West Office:

3840 N Ridge Rd, Wichita, KS 67205



How to Prepare for a Great Appointment

✓ Double-Check Medications:

Confirm with your pharmacist or doctor about any medications or supplements you're taking.

✓ Talk to Us:

If you're unsure about any instructions, reach out before your appointment.

✓ Plan Ahead:

Arrange childcare, wear the right clothing, and eat a meal to feel your best.

* See the full list of medications on the handout:
Medications that must be stopped before skin testing



Questions or Concerns?

We're here to support you. Contact us at **316-684-2838** or ask during your visit.

Thank you for trusting us with your care. We look forward to helping you feel better!

What Happens If These Steps Aren't Followed?

We may need to reschedule your appointment to ensure your safety and accurate test results.

We're happy to help you plan—call us with any concerns.

Payment and Insurance Information

Full payment is due for the balance of your allergy test two weeks prior to your appointment. Most insurances cover the cost of allergy testing, however, the cost of testing may apply to your deductible.

5. Testing for Minors (Under 18)

- We generally don't test children under 8 years old, as the process can be upsetting for them.
- **For Parents:** You know your child best. Please explain the testing process (small pricks or scratches on the arm) to them beforehand. If your child becomes upset during testing, we may need to stop for their comfort.
- Only one guardian may stay with a minor during testing.

6. Who Can Be in the Testing Area

Only the patient being tested is allowed in the testing area. If the patient is a minor, **one guardian** may stay with them.

7. Medications to Stop 7 Days Before Testing*

- To get accurate results, stop taking the following **at least 7 days** before your appointment:
 - Allergy medications and antihistamines.
 - Vitamin supplements such as A, C, D, and E.
 - Herbal supplements, including licorice, green tea, saw palmetto, St. John's Wort, feverfew, milk thistle, and astragalus.
 - Sleep aids, such as Tylenol PM, Unisom, Sominex, or any nighttime sleep aid.
- **Important:** Always check with your doctor before stopping any prescribed medication.

8. Nasal Sprays*

- Stop using Olopatadine, Azelastine, or antihistamine (Astepro, Astelin) nasal sprays **at least 48 hours** before testing.
- Nasal steroids (like Flonase or Nasonex) are safe to use until the day of testing.

9. Inhalers

Continue using your inhalers as prescribed. Bring them with you to the appointment in case you need them.

10. What to Wear

Wear a short-sleeved or loose-fitting shirt to make it easy to access your arms for testing.

11. Lotion

Do not apply lotion to your arms on the day of testing.

12. Eating Before the Appointment

- Please eat breakfast or lunch before your appointment to stay comfortable during testing.
- **For Diabetic Patients:** Eating is especially important to manage your blood sugar. Bring a snack if needed.

* See the full list of medications on the handout:
Medications that must be stopped before skin testing



Medications that must be stopped before skin testing

We want your allergy testing to go smoothly and safely. To get accurate results, you will need to stop taking certain medications in the days before your appointment. See the following tables for specific medications and timeframes.

Note: This is not an all-inclusive list. Review all the ingredients on the package or ask your doctor or pharmacist. If you have questions, call us at **316-684-2838**.



Important: Always check with your doctor before stopping any prescribed medication.

Always take your your asthma medications.

Generic Name	Brand Names
Antihistamines – First Generation (5 days unless another timeframe has been provided)	
Azatadine	Optimine
Bromphenarimine	BroveX, Dimetane, Lodrane
Carbinoxamine Maleate	Histex Pd, Palgic and Pediatex
Chlorpheniramine (6 days)	AHIST, Aller-Chlor, C.P.M, Chlo-Amine, Chlor-Allergy, Chlor-Mal, ChlorTrimeton, Chlorphen, Effidac-24, Histex, Ridraman
Clemastine (10 days)	Allerhist-1, Contact 12hr Allergy, Tavist-1
Cyproheptadine (11 days)	Periactin
Dexchlorpheniramine	Polaramine
Diphenhydramine	Actifed Sinus Day, AlerTab, Allergy, AllergySinus, Allermax, AlerDryl, Altaryl, Banophren, Benadryl, Calm-Aid, Children's Allergy, Compoz Nighttime, Diphedryl, Diphen-Allergy, Diphenhist, Dormin Sleep Aide, Dytan, Dytuss, Genahist, Hydramine, Ibuprofen PM, Nu-Med, Nytol, PediaCare Children's Allergy, Q-Dryl, Quenalin, Scot-Tussin Allergy, Siladryl, Silphen, Simply Allergy, Simply Sleep, Sleep-ettes, Sleep Formula, Sleepinal, Sominex, Tavist, Theraflu, Triaminic, Twilite, Tylenol PM, Unisom Sleep Gels, ValuDryl
Dimenhydrinate	Dramamine
Hydroxyzine (8 days)	Atarax, Rezine, Vistaril
Ketotifen	Zatiden
Meclizine HCl	Antivert, Bonine
Methdilazine	Tacaryl
Phenindamine	Nolahist
Promethazine	Chlorpromazine, Phenergan, Promethazine, Prorex 25 & 50, Thorazine
Pryilamine	Nisaval
Trimaparazine	Tremaril
Tripelennamine (7 days)	PBZ & PBZ-SR
Triprolidine	Myidyl, Zymine



Important: Always check with your doctor before stopping any prescribed medication.

Generic Name	Brand Names
Antihistamines – Second Generation (5 days unless another timeframe has been provided)	
Astemizole	Hismanal
Cetirizine	Zyrtec
Desloratidine	Clarinex
Fexofenadine	Allegra
Loratadine (9 days)	Alavert, Claritin
Levocetirizine dihydrochloride	Xyzal
Metquitazine	Primalan, Quintadrill
Mizolastine	Mizollen, Mistamine
Terfenadine	Seldane
Antihistamine Nose Sprays	
Azelastine (2 days)	Astelin, Astepro, Patanase, Dymista
Antihistamine Eye Drops (Ophthalmic) (5 days unless another timeframe has been provided)	
Azelastine (2 days)	Optivar
Olopatadine	Patanase, Pataday and Patanol Ophthalmic eye drops
Other (5 days unless another timeframe has been provided)	
Theophylline	Theo-Dur, Respbid, Slo-Bid, Theo-24, Theolair, Uniphyll, Slo-Phyllin
Vitamins A,C,D and E	In doses >1000u
Ranitidine (1 day)	Zantac



Tricyclic Antidepressants (11 days unless another timeframe has been provided)

Important: Must get the prescribing doctor's OK before stopping these medications.

Amitriptyline	Elavil, Endep, Etrafon, Limbitrol, Vanatrip
Amoxampine	Asendin
Clomipramine	Anafranil
Desipramine	Norpramin
Doxepin	Adapin, Sinequan (8 days), Zonalon (+topical) (14 days)
Imipramine (14 days)	Tofranil
Nortriptyline	Aventyl HCL, Pamelor
Protriptyline	Vivactil
Trimipramine	Surmontil

Benzodiazepines (7 days)

Clonazepam	Klonopin
Diazepam	Valium
Lorazepam	Ativan
Midazolam	Versed



Important: Always check with your doctor before stopping any prescribed medication.

Atypical Antidepressants/Sedatives (5 days unless another timeframe has been provided)

Bupropion	Wellbutrin
Eszopiclone	Lunesta
Mirtazapine (7 days)	Remeron
Quetiapine (7 days)	Seroquel
Trazodone	Oleptro
Zolpidem	Ambien

Beta Adrenergic Blocking Agents – Betablockers (5 days)

Anaphylaxis may be more difficult to treat



Important: You must have approval to stop taking any Betablocker medication from the doctor that prescribed it. That doctor may want to prescribe a replacement medication for you to take for the 5 days before your testing.

This list is not all inclusive. Check with your doctor or pharmacist if your medication contains a betablocker.

Acebutolol - (B1 selective)	Sectral Capsules
Atenolol - (B1 selective)	Tenoretic 50 & 100, Tenormin
Betaxolol - (B1 selective)	Betoptic & S (Ophthalmic / eye drops), Kerlone
Bisoprolol - (B1 selective)	Zebeta, Ziac,
Carteolol (NS)	Cartrol Filmtab Tabs, Ocupress (Ophthalmic / eye drops)
Carvedilol (NS)	Coreg
Esmolol HCL (NS)	Brevibloc Injection
Labetalol (NS)	Normodyne, Trandate
Levobunolol	AK-Beta, Betagan Liquifilm(Ophthalmic / eye drops)
Levobetaxolol	Betaxon
Metipranolol	OptiPranolol (Ophthalmic / eye drops)
Metoprolol - (B1 selective)	Lopressor + Lopressor HCT, Toprol-XL
Nadolol (NS)	Corgard, Corzide, Nadolol Tabs
Penbutolol (NS)	Levatol
Pindolol (NS)	Visken
Propranolol (NS)	Inderal, Inderide
Sotalol - (B1 selective)	Betapace, Sorine

Herbal Supplements (7 days)

Decrease test results

Licorice	St. John's Wort
Green Tea	Feverfew
Saw Palmetto	

Increase test results

Milk Thistle	Astragalus
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Important: Always check with your doctor before stopping any prescribed medication.



Medicine you CAN take before allergy testing

Important: Do not stop taking your asthma medications.

Nasal sprays

Afrin	Mometasone	Oxymetazoline	
Beclamethasone		Nasacort	Rhinocort
Beconase		Nasalcrom	QNasal
Budesonide		Nasaril	Trimacinalone
Flonase		Nasonex	Veramyst
Flunisolide		Neosynephrine	

Eye drops

Acular	Alocril
Alamast	Alomide

Proton Pump Inhibitors (PPI)

Dexlansoprazole	Kapidex
Esomeprazole	Nexium
Lansoprazole	Prevacid
Omeprazole	Prilosec, Zegerid
Pantoprazole	Protonix
Rabeprazole	Aciphex

Serotonin Norepinephrine Reuptake Inhibitors (SNRI)

Duloxetine	
Desvenlafaxine	
Milnacipran	Ixen, Savella
Venlafaxine	

Selective Serotonin Reuptake Inhibitors (SSRI)

Citalopram	Celexa
Escitalopram	Lexapro
Fluoxetine	Prozac
Olanzapine + Fluoxetine	Symbyax
Paroxetine	Paxil
Sertraline	Zoloft

Other

Antibiotics	Phenylephrine
Guaifenesin / Mucinex	Pseudoephedrine / Sudafed



Allergy Immunotherapy Testing: What You Need to Know

We're here to help you understand and manage your allergies. This guide explains the allergy skin test, what to expect, and how it leads to personalized treatment.

If you have questions, please call us at **316-684-2838**.

Why Are We Doing This Test?

This test helps us identify what you're allergic to, such as pollen, mold, pet dander, or dust mites. We focus on the most common allergens in Kansas to create a treatment plan tailored to you. The test takes about 1 hour.

How Does the Test Work?

We use a skin test to check how your body reacts to small amounts of allergens. Here's what happens:

Step 1: Skin Prick Test



- A tiny amount of allergen is placed on your forearm using a small prick or scratch (like a light scratch, not a deep cut).
- This step shows us what you're most allergic to.
- If we find enough allergies here, the test may end for the allergens with the strongest immune response.

Step 2: Intradermal Test



- If step one doesn't show positive results, we may test again with a slightly higher dose of allergens.
- A small needle injects the allergen just under the skin on your upper arm.
- You may receive up to 40 small injections to identify moderate or mild allergies.
- This step helps us get a complete picture of your allergies.

What Are the Risks?



The test is generally safe and we'll monitor you closely during the test, but some people may experience:

- Itching, redness, or hives at the test site.
- Sneezing or mild shortness of breath.
- Rarely, a severe allergic reaction (anaphylaxis). Our team is trained to handle this quickly and safely.



Questions or Concerns?

We're here to support you. Contact us at **316-684-2838** or ask during your visit.

Thank you for trusting us with your care. Let's work together to reduce your allergy symptoms!



After the Test: What to Do

- Your skin may feel itchy or look red. This is normal and usually fades within a 24 hours.
- Avoid scratching the tested area to prevent irritation.
- To feel more comfortable:
 - Take an over-the-counter antihistamine (like Zyrtec or Claritin) after the test.
 - Apply hydrocortisone cream to the tested area.

These products are available at pharmacies. Ask us for recommendations if needed.

Your Personalized Treatment Plan

After the test, your doctor will review the results to identify your top allergens. Here's what happens next:

- **Fewer is Better:** Research shows treating your most allergenic triggers may work better due to cross reactivity and general immune modulation.
- **Custom Treatment:** We'll create a mix of allergens just for you, used in allergy shots, drops, or toothpaste. *See [handout reviewing the advantages and disadvantages of allergy shots, drops, or toothpaste.](#)*
- **When It Starts:** Treatment begins 2-3 weeks after testing.

How Does Immunotherapy Work?

Immunotherapy helps your body get used to allergens so they bother you less. It's like training your immune system to stay calm. Over time, it can:

- Lower your allergy symptoms and tolerate other similarly related allergenic pollen.
- Build protective antibodies to block allergic reactions.
- Help you tolerate allergens better.

Important: Immunotherapy isn't a complete cure. You should still avoid known allergens when possible. For example, if you're allergic to pet dander, try to limit exposure to pets.

What to Expect from Treatment

- You will first start with small doses of your allergen mix, gradually increasing over time.
- People notice fewer symptoms within the first 6-12 months.
- Treatment will take 4-5 years, Your doctor will guide you every step of the way and adjust the plan as needed.
- You will have an allergy re-evaluation appointment with your provider annually.



Congratulations! You have decided to embark on a journey to improve your health with allergy immunotherapy.

Allergy immunotherapy helps your immune system retrain itself to work properly so you are able to tolerate your environment better and have a better quality of life.

This process will take 4-5 years to complete. Each therapy works equally well. It is up to you as a patient to weigh the financial cost and time for each therapy to find what works best for you and your lifestyle. After completing allergy testing, you will decide on a therapy. Which allergy therapy is right for you?

	Injections (shots)	Drops	Toothpaste
Time	Shots are administered in the clinic setting subcutaneously. Consistency is one of the most important aspects of your injections. Plan to spend 40 minutes a week : <ol style="list-style-type: none">1. Every week for 18 months2. Every other week for 10-12 months3. Every three weeks for 8 months4. Once per month for 6-18 months	Drops are provided for you to administer at home It takes 2 minutes per day to administer drops. <ol style="list-style-type: none">1. Every day for 18 months2. Every other day for 10 months3. Twice a week for 8 months4. Once a week for 6-18 months	Toothpaste is provided for you to administer at home It takes 2 minutes per day to brush your teeth. This toothpaste would replace one of your regular brushings.
Testing Cost*	\$792. Most insurances will cover this cost, but it may apply to your deductible.		
Treatment Cost*	Most insurances cover the cost If unable to pass through your insurance, this is the current cost for treatment: 2 bottles mixed: \$220 for a 10 week supply Injection fee for 2 injections: \$28 Approx. out of pocket cost: \$2,600 (year 1), \$1,300 (year 2), \$600 (per year 3-5)	Insurances usually do not cover cost Two bottles: \$339 for a 20 week daily supply Approx. out of pocket cost: \$880 (year 1), \$660 (year 2), \$475 (year 3), \$125 (year 4-5)	Insurances usually do not cover cost Toothpaste pump: \$220 for a 3 month supply (13 weeks) Approximate out of pocket cost per year = \$880
Maximum allergens treated	26	10	10
Time to see benefit	6-12 months	6-12 months	6-12 months
Epi-pen	Required to purchase pen for injections. Pens are usually good for one year.	Recommended	Recommended
Can I continue allergy therapy if I'm sick?	No. You must be fever free for at least 24 hours before getting injections.	Yes	Yes
What if I go on vacation. Can I miss a week?	Skipping a weekly dose will prolong the time it takes for allergy treatment to be the most effective and to reach a maintenance dose. Try to get an injection just prior to leaving for vacation and as soon as possible upon return.	No problem. Take the drops with you on vacation to continue your therapy.	No problem. Take the toothpaste with you on vacation to continue your therapy.
Risk	Shortness of breath, wheezing, hives, itching, or anaphylaxis.	Lower risk than injections	Lower risk than injections