



Allergy and Asthma Consultants

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Diplomate, American Board of Allergy and Immunology

Allergy Skin Testing Authorization

Patient Name: _____

Date: _____

Your doctor has recommended allergy skin testing to diagnose and evaluate your allergies. Skin testing has been shown to be the most sensitive and most cost-effective way to evaluate allergies. Skin testing simulates the same allergic reactions that occur in the nose and eyes, and is highly effective at determining the causes of your allergies.

You must be off all antihistamine medication for 48-72 hours before allergy testing since they will interfere with the test results. You should continue your asthma medications and nasal steroid sprays, with the exception of Astelin. Nasal steroids have no effect on skin testing.

Allergy skin testing is done in two stages. The initial scratch tests use small plastic prongs and scratch the skin with various common allergens in one area. The allergic reaction occurs in 20 minutes and the tests are read. If the area becomes red, forms a welt and itches, it means you are allergic to those substances.

Upon completion of the scratch tests, we proceed with intradermal testing. These are done on the upper arm and only done to those antigens that you didn't react to on the scratch tests. These tests are more sensitive and allow us to find more allergens than the scratch tests alone.

Most skin test reactions subside in a few hours. It is often advisable to take a short-acting antihistamine after the testing if the itching becomes uncomfortable. In rare circumstances, more severe allergic reactions have occurred but these are fortunately uncommon and usually treated.

At the conclusion of testing the doctor will discuss your results and make recommendations for allergy avoidance techniques when possible and/or immunotherapy (allergy shots) if appropriate.

The cost of testing is based on the number of skin tests done. Most insurance plans pay for these services as they would other medical charges. However, we strongly recommend that you check with your individual insurance plan to find how they reimburse these charges. You are ultimately responsible for charges they do not cover.

We encourage you to ask any questions regarding these procedures and look forward to offering you the best medical care.

Brain S. Lipson, M.D., and Staff

I, the undersigned, have read and understand the above information and have discussed the benefits, risks and alternatives of allergy skin testing with my doctor.

I hereby verify that I am not on any "beta blocker medication" and am not pregnant to the best of my knowledge.

I therefore authorize Brian S. Lipson, M.D., and/or his associates to perform allergy skin testing and to treat any adverse reaction that may occur.

Date _____ Patient, Parent or Guardian _____

Witness _____