



# Healing Hearts Pediatrics, P.L.C.

GILBERT: 3420 S Mercy Road, Suite 124; Gilbert, AZ 85297  
CHANDLER: 595 N. Dobson Road, Suite A-18; Chandler, AZ 85224  
QUEEN CREEK: 21805 S. Ellsworth Road, Suite 111; Queen Creek, AZ 85142  
Phone: 480-821-1400; Fax: 480-821-2210

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*Elizabeth McKenna, MD; Nilam Khurana, MD; Sandra Romero, MD; Richard Heck, MD; Charles Roller, MD  
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## Allergy Skin Test Consent Form

Allergy skin testing is recommended to screen for common food or environmental allergens. This test will help to identify seasonal environmental allergies that may cause "cold-like" symptoms and worsening asthma. It will help to better understand why your child's current symptoms are occurring and how to properly treat them.

*\*All Allergy Skin Tests will be performed at our Gilbert location.*

### What to expect:

- The allergy skin test will be administered on your child's back and may cause a localized hive-like reaction if your child has an allergy to that component. This may cause itchiness, redness and an uncomfortable feeling during the exam and for 3-4 hours afterwards.
- Please refer to the attached Allergen List to see which allergens can be tested during your child's allergy skin test.
- Food Allergy Skin Test can be performed on children > 6 months of age
- Environmental Allergy Skin Testing can be performed on children > 2 years of age
- Allergy skin testing should only be performed if there is a specific concern for food or environmental allergies.
- Your child's asthma must be well-controlled in order to be eligible for allergy skin testing.

### How to prepare for the Allergy Skin Test:

- Some medications such as antihistamines, H2 blockers and herbal supplements can interfere with the skin test results and should be stopped seven (7) days prior to your scheduled allergy skin test. Please refer to our list of *Medications to be Stopped Prior to Allergy Testing*.
- Stop *Singulair (Montelukast)* 1 day prior to your allergy skin test.
- Continue taking any medications for asthma such as inhalers or oral steroids
- Expect to be in the office for 60-90 minutes from start to finish.

### Your child will be referred to an allergist for Allergy Testing if:

- Your child is taking the following medications:
  - Benzodiazepines: *Ativan (Lorazepam), Klonopin (Clonazepam), Valium (Diazepam), Versed (Midazolam)*.
  - Atypical Antidepressants/Sedatives: *Ambien (Zolpidem), Lunesta (Eszopiclone), Oleptro (Trazodone), Remeron (Mirtazapine), Seroquel (Quetiapine), Wellbutrin (Bupropion)*
- Your child has a history of anaphylaxis or pre-existing food allergies

### Risks of the allergy skin test include:

- Irritation, redness and itching at the administration site.
- Adverse reactions such as anaphylaxis is rare, but can occur. If this does happen, your child will be given epinephrine as an intramuscular injection to the thigh and will be sent to the emergency department via ambulance.

Please sign below to acknowledge that you have read the information stated above including the risks and benefits of allergy skin testing, and you consent for your child to complete the allergy skin test in our office.

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Print Child's Name

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Parent/Guardian Signature

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Date

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Print Name



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## **ENVIRONMENTAL ALLERGEN SCREENING SKIN TEST**

<i>AP Cat</i>	<i>Feather Mix (Chicken, Duck, Goose)</i>
<i>AP Dog</i>	<i>Cockroach Mix</i>
<i>AP Horse</i>	<i>Dust Mite Mix</i>
<i>Bermuda Grass</i>	<i>Mixed Ragweed (short/tall)</i>
<i>Perennial Rye Grass</i>	<i>False Ragweed</i>
<i>Johnson Grass</i>	<i>Russian Thistle</i>
<i>Kentucky Blue Grass</i>	<i>Careless Weed</i>
<i>Aspergillus</i>	<i>Cladosporium</i>
<i>Alternaria</i>	<i>Wingscale</i>
<i>Penicillium</i>	<i>Sagebrush</i>
<i>Drechslera</i>	<i>Alfalfa</i>
<i>Kochia/Firebush</i>	<i>Olive</i>
<i>Acacia</i>	<i>Mulberry</i>
<i>Mesquite</i>	<i>Juniper</i>
<i>Palo Verde</i>	<i>Ash</i>

## **FOOD SCREENING SKIN TEST**

<i>Egg, Whole</i>
<i>Milk, Cow</i>
<i>Wheat</i>
<i>Soy</i>
<i>Peanut</i>
<i>Oat</i>

Skin testing is measured in millimeters. It is scored based on the appearance of erythema (redness) and a wheal (raised or hive-like). Histamine is a substance produced by the skin during an allergic reaction and causes swelling, itching and redness.



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## **Medications to be Stopped Prior to Allergy Testing**

**Instructions:** Please **STOP** the following medications **7 days** prior to allergy skin testing

### **Antihistamines**

<i>Actagen</i>	<i>Deconamine</i>	<i>Promethazine</i>
<i>Actifed</i>	<i>Dimenhydrinate</i>	<i>Rondec</i>
<i>Acrivastine</i>	<i>Dimetane</i>	<i>Rnatan</i>
<i>Allegra (any)</i>	<i>Dimetapp</i>	<i>Ryna 12</i>
<i>Allclear</i>	<i>Dipenhydramine</i>	<i>Rynatuss</i>
<i>Allerfrin</i>	<i>Doxepin</i>	<i>Semprex-D</i>
<i>Alertec/Aller-Tec</i>	<i>Dramamine</i>	<i>Tanafed</i>
<i>Aller-Fex</i>	<i>Drixoral</i>	<i>Tavist</i>
<i>Antivert</i>	<i>Duravent-DA</i>	<i>Triaminic</i>
<i>Atarax</i>	<i>Fexofenadine</i>	<i>Triaminicol</i>
<i>Benadryl</i>	<i>Histavent-LA</i>	<i>Trinalin</i>
<i>Bromphed</i>	<i>Histex</i>	<i>Tripolidine</i>
<i>Brompheniramine</i>	<i>Hydroxine</i>	<i>Tussi 12</i>
<i>Cetirizine</i>	<i>Meclizine</i>	<i>Tussionex</i>
<i>Chlorpheniramine</i>	<i>Ominhist- LA</i>	<i>Vistaril</i>
<i>Chlor-Trimetron</i>	<i>Ornade</i>	<i>Wal-Fex</i>
<i>Clarinex (any)</i>	<i>Pedicare</i>	<i>Wal-Tin</i>
<i>Claritin (any)</i>	<i>Periactin</i>	<i>Wal-Zyr</i>
<i>Clematine</i>	<i>Phenergan</i>	<i>Xyzal</i>
<i>Cyproheptadine</i>	<i>Poly-histine</i>	<i>Zyrtec</i>

### **Nasal Sprays**

*Astelin*  
*Astepro*  
*Azelastine*  
*Dymista*  
*Patanase*

### **H2 Blockers**

*Pepcid (Famotidine)*  
*Tagamet (Cimetidine)*  
*Zantac (Ranitidine)*

### **Herbal Supplements**

*Astragalus*  
*Feverfew*  
*Green Tea*  
*Licorice*  
*Milk Thistle*  
*Saw Palmetto*  
*St. John's Wart*

### **Eye Drops**

*Pataday*  
*Patanol*  
*Olopatadine*  
*Optivar*  
*Zaditor*

**Stop Singulair (Montelukast) 1 day** prior to your allergy skin test.

Also, stop any medication that has the words SINUS, ALLERGY or HIST in the name.

Please be advised that many over the counter medications have antihistamines in them (i.e. sinus, headache, sleep or cough medicines). These medications will need to be stopped 7 days prior to the testing as well. If you are not sure if the medication you are taking contains an antihistamine, please call our office or consult with your pharmacist for advice.

DO NOT stop any other medications, especially for heart, liver, lung or other condition. If for some reason you cannot stop the allergy medication please consult with us and we will reschedule testing for another time.



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## **ENVIRONMENTAL ALLERGEN BLOOMING SCHEDULE**

<b>ALLERGEN</b>	<b>BLOOMING SCHEDULE</b>
<i>AP Cat</i>	Perennial
<i>AP Dog</i>	Perennial
<i>AP Horse</i>	Perennial
<i>Feather Mix (Chicken, Duck, Goose)</i>	Perennial
<i>Cockroach Mix</i>	Perennial
<i>Dust Mite Mix</i>	Perennial
<i>Aspergillus</i>	Perennial
<i>Alternaria</i>	Perennial
<i>Penicillium</i>	Perennial
<i>Drechslera</i>	Perennial
<i>Cladosporium</i>	Perennial
<i>Juniper</i>	January - February
<i>Mulberry</i>	February - March
<i>Ash</i>	February - March
<i>Mesquite</i>	March - April
<i>Palo Verde</i>	March - April
<i>Olive</i>	March - April
<i>Acacia</i>	November - February
<i>Mixed Ragweed (short/tall)</i>	February - November
<i>False Ragweed</i>	February - November
<i>Kochia/Firebush</i>	August - November
<i>Russian Thistle</i>	August - November
<i>Careless Weed</i>	August - November
<i>Wingscale</i>	August - November
<i>Sagebrush</i>	August - November
<i>Alfalfa</i>	March - June
<i>Bermuda Grass</i>	March - November
<i>Johnson Grass</i>	March - November
<i>Perennial Rye Grass</i>	October - April
<i>Kentucky Blue Grass</i>	October - April

Perennial = present at all seasons of the year