

Your Guide to Multiple Dilution Intracutaneous Testing (P/N)

TESTING

An allergy nurse will inject the suspected allergens on your upper arm. These are injected just under the skin and cause a raised bump called a *wheal*. At the end of ten minutes the wheal is checked for growth. The injections usually feel like a mosquito bite, but may feel more painful if you are sensitive to the allergen.

A growth of 2 mm or more indicates a positive result. If a wheal indicates a positive reaction, a second injection of weaker strength is injected about an inch away from the first injection. If that wheal also grows 2 mm after 10 minutes a third injection is given. The process continues until a negative reaction is reached (one which there is less than 2 mm growth). This is considered to be the neutralizing dose.

TIME AND COST

Each testing session takes about 3 hours (5-7 foods). There may be multiple testing sessions needed.

There is nurse visit charge per session. Your sensitivity will determine how many antigens can be tested in one session. Therefore, the total cost of 5 antigens is approximately \$150.00 - \$300.00.

All prices are subject to change without notice.

Insurance coverage varies. We strongly recommend you contact your insurance company regarding your benefits for allergy testing, treatment, and supplies.

RESULTS

Allergy treatment is a long-term commitment. While positive results often occur within several weeks with this form of treatment, it may take longer. Remember, the more you do to eliminate stresses on your immune system, usually the faster the results. While many patients are able to discontinue treatment in six months to a year, others cannot. Frequency of injections or drops decreases over time as you improve. Treatment may last 2-4 years depending on your results. Partial testing usually results in partial success. Testing and doing nothing further will often be a waste of time and expense. You must decide before you take any tests if you are willing to commit yourself to feeling better. Allergy treatment is not a quick fix. It takes commitment from both the doctor and the patient. Additional questions may be directed to the allergy department.

PREPARATION

For an effective result to food testing you need to have eaten the food to be tested within the past 48 hours. However, please do not eat any foods that you know make you ill. We cannot test for any foods known to have caused you a systemic reaction, such as hives.

Since we test many chemically sensitive patients, ***we will not test you if you are using any scented products***. This includes scented deodorants, lotions, shampoos or hairspray. If in doubt, don't use the product.

Antihistamines and other related drugs interfere with test results. Please check with Dr. Epperly or our allergy department if you are taking any prescription or over the counter medication. Some drugs must be discontinued 2-4 weeks prior to testing.

Wear short sleeves or sleeveless top for testing. You may bring a sweater or sweatshirt to wear before and after testing.

You should eat before you come. You may only have bottled water during testing.

You may bring a book to read, but do not bring newspapers.

Since testing takes so long and children become easily bored, plan on leaving children not being tested at home.