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**Bernard J Durante, MD, FACS**

**Anit T Patel, MD, MBA, FACS**

ALLERGY TESTING ENVIRONMENTALS & FOODS

Testing will take approximately 1 hour. Please wear or bring a short sleeve or sleeveless shirt.

Please bring a book, knitting, iPad, or something to occupy your time.

**Environmental Allergy Testing:** 64 small skin pricks on the UPPER part of the arm. Using a small needle, the skin is gently pricked to allow a small amount of the allergen to enter just below the skin surface. The pricks are generally not painful and there is minimal to no bleeding during testing.

**Food Allergy Testing**: On the forearms, a small drop of solution containing the food allergen is

gently pressed into the skin. 10 foods will be pressed into the forearm at one time on the left

forearm and 10 on the right forearm. Testing is not painful.

**What NOT to take prior to testing**: For 3 full days do **NOT** take any prescription or over-the counter antihistamines. These medications will affect the accuracy of test results. Examples of

these medications: Claritin, Clarinex, Zyrtec, Benadryl, and Allegra. 2 days prior to testing DISCONTINUE any antihistamine nasal sprays: Astelin, Dymista, Azelastine.

You do NOT need to discontinue steroid nasal sprays: Flonase, Nasonex, Rhinocort, and

Fluticasone.

\*\*\*\*PLEASE NOTIFY THE OFFICE PRIOR TO TESTINIFG YOU ARE TAKING A

BETA BLOCKER FOR CARDIAC OR HIGH BLOOD PRESSURE. Example: Atenolol (Tenormin), Metoprolol (Toprol, Lopressor). You will need to check with your doctor if it ii safe

to stop your Beta Blocker drug for 48-72 hours.

~ASTHMA PATIENTS: PLEASE BRING YOUR INHALERS TO TESTING.

~ALLERGY TESTING CAN NOT BE DONE ON PREGNANT PATIENTS.

~ANY QUESTIONS PRIOR TO TESTING DO NOT HESITATE TO CALL THE OFFICE.

Bourne Office: 1 County Road, Bourne, MA 02532, Phone: 508-759-0916, Fax: 508-759-0995

Hyannis Office: 104 Park Street, Hyannis, MA 02601, Phone: 508-827-7692 Fax: 774-470-6534

Plymouth Office: 30 Aldrin Road, Plymouth MA 02360, Phone: 508-746-8977, Fax: 508-746-3364

Weymouth Office: 544 Main Street, Weymouth MA 02190, 508-746-8977, Fax: 508-746-3364

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