

# Allergy Testing



## What Is Modified Quantitative Testing?

Modified Quantitative Testing (MQT) is a blend of skin-pricks and intradermal testing.

First, a small plastic device, dipped in allergens, is used to prick the surface of the skin on the back. The allergens will sit on the skin for 20 minutes.

After 20 minutes, any reaction or raised area is measured.

Next, an intradermal wheal, or bleb, is made by injecting the allergens directly under the top layer of skin.

After 10 minutes the wheals are measured and these measurements are used to determine the extent of the allergy.

You will be tested for trees, weeds, grasses, dust mites, molds and animals.

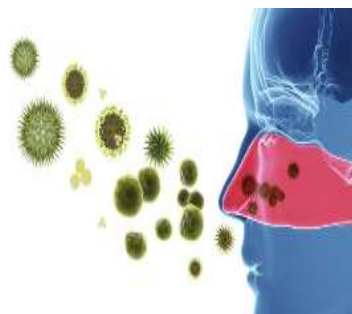
Treatment options will be discussed after testing.

## Medications that Interfere with Allergy Testing

**Antihistamines: Must be stopped 4 days prior to testing.**

### Some common antihistamines:

|               |                  |              |
|---------------|------------------|--------------|
| Actifed       | Chlor-trimeton   | Meclizine    |
| Alavert       | Cimetidine       | NyQuil       |
| Allegra       | Clarinox         | Pepcid       |
| Allegra D     | Claritin         | Periactin    |
| Allergy-Sinus | Claritin D       | Phenergan    |
| Anaprox       | Contac           | Promethazine |
| Antivert      | Cyproheptadine   | Rondec       |
| Atarax        | Diphenhydramine  | Rynatan      |
| Atuss         | Doxepin          | Tagamet      |
| Axid          | Dramamine        | Thorazine    |
| Azelastine    | Equate Sleep Aid | Tylenol PM   |
| Benadryl      | Famotidine       | Unisom       |
| Bromfed PD    | Fexofenadine     | Vistaril     |
| Carbinoxamine | Hydroxyzine      | Xyzal        |
| Cetirizine    | Loratadine       | Zyrtec       |



### Eye Drops:

|             |         |
|-------------|---------|
| Astelin     | Astepro |
| Olopatadine | Pazeo   |
| Cromolyn    | Pataday |
| Zaditor     |         |

### Nasal Sprays:

|                       |            |
|-----------------------|------------|
| Alaway                | Optivar    |
| Patanol               | Azelastine |
| Patanase              | Bepreve    |
| Dymista               |            |
| Procompounding rinses |            |

## Test Day

- Wear your hair up off of your back.
- Do not skip breakfast or lunch.
- Testing will take 1-2 hours.
- If you have asthma, bring your Albuterol Inhaler or any other asthma medicines.

***Avoid using perfumes or cologne when you come into our office.***

## Beta-Blockers

Beta blocker medications are usually prescribed for heart conditions, high blood pressure, chest pain, migraines and glaucoma.

***You will not be able to be tested or receive allergy shots or drops while on a beta-blocker.***

### Common Beta-Blockers:

Acebutolol (Sectral)  
Atenolol (Tenormin, Tenoretic)  
Betaxolol (Kerlone)  
Bisoprolol (Zebeta, Ziac)  
Carteolol (Cartrol)  
Carvedilol (Coreg)  
Esmolol (Brevibloc)  
Labetalol (Trandate, Normodyne)  
Metoprolol (Lopressor, Toprol)  
Nadolol (Corgard, Corzide)  
Nebivolol (Bystolic)  
Penbutolol (Levitol)  
Pindolol (Visken)  
Propranolol (Inderal)  
Sotalol (Betapace, Sorine)  
Timolol (Blocadren, Timolide)

## Limit Ibuprofen

**OK to take:** Plain Tylenol   Plain Sudafed  
Plain Robitussin