

Dear _____,

You have been recommended for allergy skin testing by your physician or health care provider. Your testing will take place at the allergy clinic at Lake Norman ENT. My name is Fred New and I am a board certified nurse practitioner with training in allergy medicine. I will be conducting your testing and will be with you throughout the testing process. If you have any questions that are not answered in this letter, feel free to contact me at 704-664-9638.

Included in this packet you will also find an allergy history form. **Please have your history form completed prior to your arrival.** This will greatly speed up the testing process.

Allergy skin testing is done Monday through Friday in our office. Testing takes approximately one to one and one-half hours to complete.

There are some restrictions prior to the testing:

*If you are currently taking any beta-blockers (some blood pressure, eye drops, and migraine medications are beta-blockers) you will need to be off this medicine for two or three days prior to your allergy skin test. **Please contact the physician who placed you on the beta-blocker to get approval to stop the medication.***

*Antihistamines must be discontinued for 10 days prior to testing. Some **examples** of antihistamines are; Benadryl (diphenhydramine), Claritin, Clarinex, Allevert, Allegra, Zyrtec, Xyzal, Dimetap, Drixoral, Extendryl, Ornade, Chlortrimeton, Allerest, and Astepro Nasal Spray. Any over the counter medication that contains the word "allergy" in the name is also an antihistamine. Examples are Tylenol Sinus Allergy, and Advil Allergy Sinus.*

Also, most over the counter sleep aids contain benadryl (diphenhydramine). Examples are Sominex, Tylenol PM, or Advil PM

If you have any questions about any of the medications that you are currently taking, please feel free to call our office. We will be glad to assist you in any way possible. Failure to discontinue any of the above medications will result in the cancellation of your test.

INFORMATION ABOUT THE TESTING PROCEDURE

Testing requires approximately one to one and one-half hours. The first portion of the test involves the use of a test device that applies multiple antigens to the skin of the forearm. The device uses slight pressure to the skin but does not actually puncture the skin. The allergens applied may cause

itching of the skin in patients with significant sensitivity. After this first application, you will have to wait 15 minutes, after which the response is read.

The second portion of the test is done with intradermal injections (very small injections administered with a very small needle just under the skin) into the skin of the upper arm. You will wait 10 minutes and then the test will be read. For this part of the testing process, I will need to have access to your upper arms (elbow to shoulder). Short-sleeved shirts would be best, but any type of loose fitting clothing that can be easily moved to allow access to your upper arms will be fine.

INSURANCE INFORMATION

Please verify with your insurance company that allergy testing and treatment are a covered benefit and that no prior authorization is required. Each insurance company is different and it is up to you to contact your carrier.

SPECIFIC CPT CODES (INSURANCE CODES) ARE:

- 95004- Percutaneous test (scratch, puncture, prick) with allergenic extracts
- 95024- Intracutaneous test with allergenic extracts
- 95165- Antigen preparation for shots
- 95115- Single injection
- 95117- Two or more injections
- 95199- Unspecified allergy code commonly used for allergy drops

Please call your customer service number located on your insurance card to ask if Sublingual Allergy Drops are a covered benefit under your insurance plan. You will need to tell them the **CPT code is 95199 and the diagnosis code is 477.9**. They may ask you for a description, as CPT code 95199 is an unspecified code for allergy services. Sublingual Allergy drops are a form of immunotherapy to treat people with chronic allergies and have had positive allergy testing. Drops are considered to be an alternative option for patients who do not wish to do allergy shots.

Medicare and Medicaid **DO NOT** cover drops. **If you do have insurance benefits and we are on your contracted insurance company, then we will file the claim with your insurance. We ask that you pay for your drops and sign a waiver prior to us filing with your insurance company.** If you do not have benefits for allergy drops, then we do not file.

If for any reason you are not able to keep your appointment, please call the office as soon as possible. I look forward to seeing you on the day of your test. **Again, if you have any questions about the allergy testing process or your medications, please do not hesitate to call me at 704-664-9638.**

Sincerely,

Fred New, APRN, BC