

# **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.

## ***TREATMENT***

Based on your results we will make a vial with the specific type and dilution of allergens to which you tested positive. You will then be instructed on how to give yourself a daily injection, or drops under the tongue three times a day. Treatment will neutralize your symptoms if they are caused by one or more of these allergens. Your treatment vial will contain the neutralizing dose for each item tested. No build-up dosage is necessary.

## ***TIME AND COST***

Each testing session takes about 3 hours.

Each injection costs \$9.00. There is an additional nurse visit charge of \$30.00 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. - \$300.

The cost for treatment vials is dependent on the number of antigens in the vial. The cost of each antigen is \$9.00 (drops) - \$15.00 (injectable). You have control over the number of antigens in your vial.

*All prices are subject to change without notice.*

There is a nominal cost for other supplies, such as syringes and sharps containers. The cost of these supplies is your responsibility regardless of your insurance reimbursement.

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.

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