

# Lung and Asthma Clinic, P.A.

## ALLERGY SCREENING QUESTIONNAIRE

INSTRUCTIONS: Mark each item if it applies to you (the patient).

Patient Name \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_

### Allergy Symptoms:

- Cough or congestion
- Runny nose
- Sneezing
- Frequent sinus infections
- Itchy, watery eyes
- ( ) RASH/Psoriasis

### Previous Allergy Treatments:

- Zyrtec (certirizine)
- Claritin (loratadine)
- Clarinex (desloratadine)
- Allegra (fexofenadine)
- Other Antihistamines
- Steroid nasal spray
- Allergy Injections
- Nasal irrigation

### Symptoms of Pollen Allergies:

- Symptoms worse outdoors 7-11 AM, better in the house
- Symptoms worse on windy days
- Symptoms worse in early spring
- Symptoms worse in late spring-summer
- Air conditioning helps
- Symptoms worse on known high pollen days

### Symptoms of Food Allergies:

- Symptoms worse after eating

### Symptoms of Dust Allergies:

- Symptoms worse indoors, better outside in fresh air
- Dusting and sweeping aggravate symptoms
- Symptoms increase or return with onset of cold weather
- Symptoms worsen after going to bed

### Symptoms of Mold Spore Allergies:

- Peak symptoms in summer but can occur all year
- Worse outdoors in cool evening air, better in the house
- Worse in damp areas
- Worse when mowing lawn or playing on grass, raking leaves
- Seasonal increase of symptoms in mid July to November
- Worse from September until first frost

### Other Causes of Allergy Symptoms:

- Smokes
- Lives with people who smoke
- Works in a smoking environment
- Attends daycare
- Dog in home
- Cat in home
- Wood stove or fireplace in home
- Exposure to fumes or odors from cleaning agents, sprays or other chemicals

## PREPARING FOR ALLERGY TESTING BY SKIN SCRATCH METHOD

Skin scratch testing is the most rapid, sensitive, and cost effective testing modality for the detection of allergies. Results are obtained in less than an hour with minimal discomfort. However, there are some situations in which other forms of allergy testing are preferable.

If you have have **poorly controlled asthma**, or if you take a **beta-blocker** or an **ACE-Inhibitor** (medicines used for high blood pressure and heart disease), **skin scratch testing may not be safe**, and another type of test should be considered. Be sure to tell your doctor all the medications you take.

### Common Beta-Blockers

- Betapace (sotalol)
- Bystolic (nebivolol)
- Coreg (carvedilol)
- Corgard (nadolol)
- Inderal (propranolol)
- Lopressor/Toprol (metoprolol)
- Sectral (acebutolol)
- Trandate (labetalol)
- Zebeta (bisoprolol)

### Common ACE-Inhibitors

- Accupril (quinapril)
- Aceon (perindopril)
- Altace (ramipril)
- Capoten (captopril)
- Lotensin/Lotrel (benazepril)
- Mavik/Tarka (trandolapril)
- Monopril (fosinopril)
- Prinivil (lisinopril)
- Univasc (moexipril)
- Vasotec (enalapril)
- Zestril (lisinopril)

### Certain medical conditions and medications can make the skin scratch test results invalid.

A medical condition called **dermographism** (a condition that causes the skin to swell when scratched) or having experienced **anaphylaxis** (a severe, life-threatening allergic reaction) within the past 30 days will make the skin scratch test results invalid.

### Medications that will invalidate the skin scratch test results include:

#### •Antihistamines (within the last 5 days)

- Allegra (fexofenadine), Antivert (meclizine), Atarax (hydroxyzine), Benadryl (diphenhydramine), Claritin (loratadine), Clarinex (desloratadine), Dramamine (dimenhydrinate), Periactin (cyproheptadine), Phenergan (promethazine), Vistaril (hydroxyzine), Zyrtec (cetirizine)