



BOULDER  
Allergy Clinic

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## Allergy Skin Testing and Sublingual Immunotherapy

### Why did your provider recommend allergy skin testing?

Allergy testing is done to determine what pollens, molds, or other *environmental* allergens a person is allergic to. You may benefit from medications to treat your allergic symptoms; or you may want to simply attempt to avoid your allergy triggers.

### How much does allergy skin testing cost?

We will bill your insurance for the allergy testing. Since every plan and everyone's deductibles are different, we advise that you call the 800 number on the back of your insurance card to see what your coverage is. The CPT codes we use for testing are **95004** and **95024**. Our tax ID number is 840774334.

### What type of testing will be performed?

The allergy technician will begin with a pressure puncture test. During this test, 3 groups of 10 allergens are placed on the skin of your upper back. You will be closely monitored for 20 minutes to see how your skin reacts to the 30 different serums. If the pressure puncture test is inconclusive, the allergy technician may continue with intradermal skin testing. This involves injecting tiny amounts of the allergens into the skin on your upper arms. Again, the technician will observe you and monitor your reactions.

### What are the common side effects to testing?

Allergy tests may result in mild itching, redness, or swelling of the skin. Sometimes, small bumps called wheals appear on the skin. These symptoms often clear up within hours but may last for a few days. Mild antihistamine or cortisone creams can alleviate these symptoms. Rare cases of anaphylaxis can occur during allergy skin testing.

### Why Sublingual Immunotherapy?

- **Efficacy:** Sublingual drops are widely accepted as an effective treatment throughout the world. In fact, 50-75 percent of allergy sufferers in southern Europe are treated with allergy drops.
- **Safety:** Safety is an important consideration for using SLIT. Allergy drops have been used around the world for more than 60 years, and numerous studies validate both the safety and effectiveness. In fact, the World Health Organization has endorsed sublingual immunotherapy as a viable alternative to injection therapy. Very few cases of anaphylaxis have been reported in the population of patients who have used sublingual immunotherapy.
- **Convenience:** Sublingual immunotherapy is convenient. You are able to take your allergy drops with you wherever you go making it easy to be compliant with your treatment.
- **Less medication:** Research confirms that most patients need less medication to control symptoms after beginning sublingual drops.
- **Lower cost and fewer office visits:** Compared to shots, sublingual drops cost less primarily because this treatment course requires fewer office visits.
- **The end benefit:** Feeling better. Patients typically report fewer office visits and hospitalizations, and less time lost from work and school after taking their drops consistently.

**Why is there an out-of-pocket cost for sublingual immunotherapy?**

- Sublingual immunotherapy is not approved by the FDA. It is important to understand that the antigen serums used in sublingual drops are the same FDA approved antigen serums used in allergy shots. They are administered under the tongue rather than through an injection. This is an “off-label” use of a FDA-approved allergenic extracts, which are both legal and highly common.
- Sublingual drops are **NOT** covered by health insurance carriers. Treatment with sublingual drops is an out-of-pocket expense. However, the cost is very comparable to the expense paid for co-pays to receive allergy shots.

**What is the out-of-pocket cost for sublingual immunotherapy?**

2 Phases of Sublingual Immunotherapy:

- |  |                               |
|--|-------------------------------|
| 1.) Build up phase: <b>(initial 3 months)</b> series of 4 or 5 vials | \$300.00 for 3 month supply   |
| 2.) Maintenance phase: <b>(4-5 years)</b>                            | \$1080.00 for 12 month supply |

**With my signature, I verify the following statements:**

I have read, understand, and agree to the benefits of having allergy skin testing.

I have read, understand, and agree to the benefits of sublingual immunotherapy.

I have read, understand, and agree to the cost of sublingual immunotherapy should I decide to start on treatment.

Patient Name: \_\_\_\_\_ D.O.B \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_