

## Information sheet nasal provocation test (NPT)

### When and how is a nasal provocation test (NPT) carried out?

The NPT tests inhaled allergens that can lead to symptoms in the nose, the eyes and the airways. Alongside the medical history consultation with the doctor, the skin prick test and the determination of IgE antibodies in the blood, this test serves to diagnose an allergy. The aim of the nasal provocation test is to attempt to trigger typical allergic symptoms in the patient. By doing so, it is often possible to prove the existence of an allergy. Usually, the NPT is carried out with dust mites, mould spores or pollen.

### What does the NPT process look like?

Following the explanation by the doctor, the initial symptom score is first determined and then a measurement of the nasal flow takes place (the so-called peak nasal inspiratory flow or PNIF), which involves inhaling as much as possible through the nose following maximum exhalation, all via a face mask. After this, a test solution is administered to both nostrils via a nasal spray. After 10 minutes, the PNIF is measured once again and the symptom score determined. If specific target values are achieved here (test discontinuation criteria), the test is ended. Otherwise, another test solution is sprayed into the nose and the test is read out after 10 minutes. If a positive result has still not been achieved, the final measurement takes place after another 10 minutes. The test result is immediately discussed with you by the doctor.

### When should the NPT not be carried out?

- If there is an acute inflammatory illness or infection of the nose or paranasal sinuses
- If severe general diseases exist (cardiovascular diseases, uncontrolled asthma or COPD, malignant tumours, severe autoimmune diseases)
- In the event of a severe anaphylactic reaction to the allergies to be tested
- Pregnancy
- Younger than <5 years
- Vaccination within the last week
- Operation in the nose area in the last 6-7 weeks

### What medications can have an influence and how long before the test should these ideally be discontinued (please discuss your individual case with the attending doctor)?

- Medications containing cortisone (7 days)
- Antihistamines (tablets/drops/nasal spray; 3 days)
- Some antidepressants (TCA; 3 days)
- Decongestant nasal sprays (1 day)

### What side effects could occur during the examination?

During the examination, typical allergic symptoms will occur in the event of an allergy to the tested allergen. These include, for example, the urge to sneeze, an itchy nose and eyes or other typical allergic symptoms. Very rarely, hives, a worsening of atopic eczema, swelling in the face, coughing or shortness of breath (in the case of asthma) may also occur. Anaphylactic shock is extremely rare. In general, symptoms occur within 30 minutes after testing. Therefore you should remain in the clinic for observation for at least ½ hour after the end of the test. Please notify the doctor immediately if symptoms occur. Symptoms may also occur at home even after several hours, whereby these are usually mild.

### Declaration of consent

I have read and understood the information on the nasal provocation test. My doctor has explained the planned testing to me clearly and I hereby declare my agreement thereto. My questions about this test have been answered. My doctor has explained the potential side effects that may occur to me. If side effects occur, I will contact my attending doctor. I confirm that I have no further questions.

Vienna, \_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of patient or legal guardian (if one parent is signing by themselves, they declare with their signature that they have sole custody or that they are acting in agreement with the other parent).

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Signature of doctor