Allergy Testing

An allergy is a response or hypersensitivity to a substance that would normally be harmless but it produces a reaction in your body. Allergies cause immune system reactions ranging from a runny nose to life-threatening anaphylaxis.

The severity of allergic response is due to a combination of genetic background and extent of exposure to allergens. To determine what substance is triggering an allergic reaction your blood can be tested against common allergens.

Generally, inhaled allergens such as dust mites, tree, grass or weed pollens will produce respiratory symptoms. Ingested (food) allergies will produce skin and/or gastrointestinal symptoms or anaphylaxis. However, both types of allergens (ingested and inhaled) can produce the full spectrum of allergy symptoms.

In order to deal with allergy symptoms most effectively it is first necessary to determine what is causing an allergy. Allergy tests provide specific information about what you are allergic to and indicate what foods and inhalants are associated with antibodies that may cause allergic reactions.

Common allergies come from:

- Waste products from dust mites that live in your home, moulds in your home or in the air outside, tree, grass and weed pollen and cockroach droppings

More serious allergic reactions can come from:

- Venoms from bee and wasps stings, yellow jackets, fire ants and other stinging insects
- Foods such as nuts, dairy and dairy products, natural rubber latex such as gloves or balloons and drugs such as penicillin

All of these allergens are typically made up of proteins. Allergy tests find which of these proteins you may be reacting to. Elimination of positive foods and reduction of exposure to inhalant allergens will help bring allergy symptoms under control. Considerable improvement in the quality of life can be achieved including improved sleep quality due to less congestion, reduction in sneezing and nose?blowing, improved ability to

exercise, and better control of atopic dermatitis (eczema).

Our Inhalant Allergy Profile includes trees, weeds, dust mites and common animal allergens.

Our Food Allergy Panel includes most of the common food types. Individual allergens are available to rule out suspected triggers.

For more information call us on 08456 034346 or email pathology@nuffieldhealth.com .

Panel	Includes test for:
Food	Nuts, fruits, fish, egg white, cow's milk
Inhalant	Trees, weeds, moulds, dust mite, grasses, animals
Food and Inhalant combined	
Children's panel	Egg white, cow's milk, cod, wheat, peanut, timothy grass, dust mite, kiwi fruit, strawberry
Shell fish	Clam, crab, crayfish, lobster, octopus, prawn/shrimp, scallops, squid
Fin fish	Cod, herring, mackerel, plaice, sardine, salmon, swordfish, tuna, sole
Cereal	Wheat, oats, maize (corn), sesame seed, buckwheat, rye, barley, rice
Antibiotics	Penicillin G and V, Ampicillin, Amoxicillin, Cefaclor
Nuts and seeds	Peanut, hazel nut, brazil, almond, coconut, pecan, cashew, pistachio, walnut, pumpkin, poppy, macadamia
Insect venoms	Honey bee, bumble bee, common wasp, European hornet, yellow hornet, white faced hornet
Domestic birds	Budgerigar, canary, parakeet, parrot, finch
Farm fowl	Chicken, duck, goose, turkey
Spice mix 1	Caraway, mace, cardamom, clove
Spice mix 2	Basil, fennel seed, ginger, anise

Source URL: https://www.nuffieldhealth.com/treatments/allergies