Guide to Allergy (RAST) Testing

4Cyte Pathology

4Cyte pathology offers a wide range of allergy testing using the Phadia ImmunoCAP™ system. Allergic disease may manifest as rhinitis (hay fever), conjunctivitis, bronchospasm (asthma), food allergy or anaphylaxis. Diagnosis is made by careful history and examination, and can be confirmed by detection of specific IgE to allergen by "RAST". Note that a positive RAST is evidence of sensitisation; allergic disease can only be diagnosed with both sensitisation AND a history of symptoms upon exposure. Note also that the level of positivity is correlated with the likelihood of true allergy, ie the higher the RAST level, the more likely it is to be relevant to the patient's symptoms. Finally, RAST is unlikely to be useful in conditions not mediated by IgE, such as food intolerances (e.g. lactose or non-coeliac gluten intolerance) or chronic urticaria/angioedema.

It is therefore important to select carefully which allergens are likely to be relevant to the patient's symptoms. At 4Cyte, we will perform up to **four** single allergens from the table below OR **two** allergen mixes OR **one** allergen mix and **two** single allergens. To make this process easier, we have designed 'Panels' which can be selected quickly for common allergies. In very select circumstances, testing to allergen components may be diagnostically useful, but we ask that you call the Immunopathologist to discuss individual patients prior to ordering.

Prof David A. Fulcher, Immunopathologist, 4Cyte Pathology, Ph: 0466 520 824

SELECT ONE OPTION:
A. ONE PANEL
B. TWO ALLERGEN MIXES
C. ONE MIX & TWO SINGLE ALLERGENS
D. FOUR SINGLE ALLERGENS

Panels—SELECT ONE PANEL ONLY

- ☐ Adult panel (dust mite, grass mix, animal mix)
- ☐ Child panel (dust mite, grass mix, cat, staple food mix)
- ☐ Pet panel (cat, dog, guinea pig, rabbit)
- ☐ Grass pollen panel (rye grass, timothy, bermuda, paspalum)
- ☐ Tree pollen panel (acacia, olive, birch)
- ☐ Mould panel (Alternaria, Aspergillus, Cladosporium)
- ☐ Nut panel (peanut, almond, hazelnut, cashew)
- ☐ Staple food panel (egg white, milk, wheat, peanut)
- ☐ Grain panel (wheat, barley, rice, soy)
- ☐ Seafood panel (fish, tuna, prawn, crab)
- ☐ Fruit panel (banana, kiwi, melon)
- ☐ Meat panel (beef, chicken, pork)
- ☐ Insect panel (honey bee, paper wasp, yellow jacket)

OR….B. SELECT up to TWO MIXES

(Please note that positive to an allergen mix suggests sensitisation to one or more of the included allergens)

- ☐ Animal mix (Cat, Horse, Cow, Dog) ex1
- ☐ Grass pollen mix (Cocksfoot, Meadow Fescue, Rye grass, Timothy grass, Meadow grass) gx1
- ☐ Weed pollen mix (Ragweed, Mugwort, Plantain, Goosefoot, Salwort) wx1
- ☐ Australian Tree pollen mix (Olive, Willow, White Pine, Eucalyptus, Acacia, Melaleuca) tx7
- ☐ Grass/weed pollen mix (Bermuda, Ryegrass, paspalam, Ragweed, Plantain, Goosefoot) rx3
- ☐ Mould mix (Penicillium, Cladosporium, Aspergillus, Alternaria) mx1
- ☐ Cagebird feather mix (Budgerigar, Canary bird feathers, Parakeet feathers, Parrot feathers, Finch feathers) ex72
- ☐ Nut mix 1 (Peanut, Hazelnut, Brazil nut, Almond, Coconut) fx1
- ☐ Nut mix 2 (Pecan nut, Cashew nut, Pistachio, Walnut) fx22
- ☐ Cereal mix (Wheat, Oat, Corn, Sesame seed, Buckwheat) fx3
- ☐ Staple food mix (Egg white, Milk, Fish, Wheat, Peanut, Soybean) fx5
- ☐ Seafood mix (Fish, Shrimp/prawn, Blue mussel,Tuna, Salmon) fx2
- ☐ Grain mix (Wheat, Rye, Barley, rice) fx20
- ☐ Fruit mix (Kiwi, Rockmelon, Banana, Peach, Pineapple) fx21
- ☐ Citrus mix (Orange, Lemon, Grapefruit, Mandarin) fx29
- ☐ Meat mix (Beef, Chicken, Pork) fx73

OR….C. SELECT ONE MIX and TWO SINGLE ALLERGENS OR…

D. SELECT up to FOUR SINGLE ALLERGENS

PERENNIAL ALLERGENS

Dust

- ☐ House dust mite (European: *D. Pteronyssinus*) d1
- ☐ House dust mite (US: *D. farinae*) d2
- ☐ Cockroach (German) i6

Mould

- ☐ Alternaria m6
- ☐ Aspergillus fumigatus m3
- ☐ Cladosporium m2
- ☐ Penicillium m1

Animals

- ☐ Cat e1
- ☐ Dog e5
- ☐ Guinea pig e6
- ☐ Rabbit e82
- ☐ Horse e3
- ☐ Cow e4

MISCELLANEOUS / DRUGS

- ☐ Latex k82
- ☐ Penicilloyl G c1
- ☐ Penicilloyl V c2
- ☐ Amoxicilloyl c6
- ☐ Ampicilloyl c5
- ☐ Cefaclor c7
- ☐ Chlorhexidine c8

SEASONAL ALLERGENS

Grass / weed pollens

- ☐ Grass (Fescue) g4
- ☐ Rye grass g5
- ☐ Timothy grass g6
- ☐ Bermuda grass g2
- ☐ Johnson grass g10
- ☐ Meadow grass g8
- ☐ Sweet vernal grass g1
- ☐ Paspalum (Bahia) g17
- ☐ Plantain w9
- ☐ Ragweed w1
- ☐ Lupin weed w207

Tree pollens

- ☐ Acacia (Wattle) t19
- ☐ Olive t9
- ☐ Birch (silver) t3
- ☐ Australian pine t73
- ☐ Eucalyptus t18
- ☐ Plane tree t11

INSECTS

- ☐ Honey bee i1
- ☐ European wasp (Yellow jacket) i3
- ☐ Paper wasp i4
- ☐ Mosquito i71

FOOD ALLERGENS

Nuts / seeds

- ☐ Peanut f13
- ☐ Hazelnut f17
- ☐ Almond f20
- ☐ Cashew f202
- ☐ Brazil f18
- ☐ Pecan nut f201
- ☐ Macadamia nut f345
- ☐ Walnut f256
- ☐ Coconut f36
- ☐ Pistachio f203
- ☐ Sesame seed f10
- ☐ Pine nut f253
- ☐ Chickpea f309

Staples

- ☐ Egg white f1
- ☐ Milk f2
- ☐ Cheese (cheddar) f81
- ☐ Wheat f4
- ☐ Soy f14
- ☐ Barley f6
- ☐ Oats f7
- ☐ Rye (grain) f5
- ☐ Rice f9

Meat

- ☐ Beef f27
- ☐ Chicken f83
- ☐ Pork f26
- ☐ Mutton (Lamb) f88

Fruit and Vegetables

- ☐ Apricot f237
- ☐ Aubergine (Eggplant) f262
- ☐ Avocado f96
- ☐ Banana f92
- ☐ Corn f8
- ☐ Garlic f47
- ☐ Grape f259
- ☐ Kiwi fruit f84
- ☐ Mango f91
- ☐ Onion f48
- ☐ Orange f33
- ☐ Peach f95
- ☐ Pineapple f210
- ☐ Rockmelon f87
- ☐ Strawberry f44
- ☐ Tomato f25
- ☐ Watermelon f329

Seafood

- ☐ Anchovy f313
- ☐ Blue Mussel f37
- ☐ Fish (cod) f3
- ☐ Crab f23
- ☐ Prawn f24
- ☐ Oyster f290
- ☐ Lobster f80
- ☐ Salmon f41
- ☐ Tuna f40
- ☐ Squid f258

Miscellaneous foods

- ☐ Chili pepper f279
- ☐ Cacao (Chocolate) f93
- ☐ Cochineal (Carmine Red, E120) f340
- ☐ Mushroom (Champignon) f212
- ☐ Yeast (S. cerevisiae) f45

COMPONENTS

- ☐ Ara-h2 (peanut) f423
- ☐ Omega-5 Gliadin, Wheat f416
- ☐ Gal-alpha-1,3-Gal (Thyroglobulin bovine) o215
- ☐ Egg (nGal d 1, Ovomucoid) f233
- ☐ rPen a1 Tropomyosin (Shrimp) f351
- ☐ rPru p 3 L TP (Peach) f420

4C45 18.04.2024