

ALLERGY TESTING

What is allergy testing?

Allergy testing helps identify specific allergens that trigger allergic reactions. There are two main types of allergy testing:

1. Skin Prick Test: Small amounts of suspected allergens are pricked or scratched onto the skin, and the reaction is observed.
2. Blood Test: A blood sample is analyzed for specific antibodies (IgE) produced in response to allergens.

Testing can identify allergens like pollen, pet dander, dust mites, foods, insect venom, or medications. Results guide treatment and management, including allergen avoidance, medication, or immunotherapy.

Why is allergy testing being recommended?

- Frequent sinus infections
- Sinus or facial pressure
- Ear fullness, pressure, or popping in the ears
- Itching in the ears or back of the throat
- Nasal congestion, difficulty breathing through the nose, runny nose, sneezing
- Itchy, red, or watery eyes
- Recurrent throat clearing or post nasal drainage
- Voice changes or hoarseness
- Chronic cough
- Asthma, shortness of breath, wheezing
- Recurring bronchitis
- Atopic dermatitis
- Immunodeficiency
- Concern for food allergies



What to Expect?

During allergy testing, individuals can expect the following:

1. Preparation: Medical history and suspected allergens are discussed with the healthcare provider.
2. Procedure: Skin prick test or blood test is performed to identify allergens.
3. Sensation: Mild itching or a brief needle prick sensation may be experienced.
4. Waiting period: Observing for reactions for a short period (skin prick) or waiting for lab results (blood test).
5. Results: The healthcare provider interprets the test and discusses the findings.
6. Follow-up: A personalized treatment plan is developed based on the results.

Note: Procedure and experience may vary. Our providers will provide specific instructions and address concerns.