Test Update
Changes to Allergy Panels

Notification Date: January 2021
Effective Date: February 9, 2021

Background:

Food specific IgE testing can help to confirm the diagnosis of IgE mediated food allergy in patients with a compelling clinical history. It has not been validated to predict which foods are contributing to a patient’s eczema, chronic GI symptoms (abdominal pain, bloating, diarrhea, constipation), rhinitis, or other non-specific complaints.1,2

- IgE mediated food allergy should be suspected when typical symptoms (e.g. urticaria, angioedema, wheezing, cough, nausea/vomiting etc.) occur within minutes to hours of ingesting a food.
- The medical history/exam are the most important information to aid in the diagnosis of food allergy.
- A detailed history of the reaction to each incriminated food is essential for proper diagnosis.
- Tests for food-specific IgE are recommended to assist in diagnosis, but should not be relied upon as a sole means to diagnose food allergy.1,2
- A medically monitored feeding (food challenge) is considered the most specific test for food allergy.
- Food-specific IgE testing has numerous limitations, because positive tests are not intrinsically diagnostic and reactions sometimes occur with negative tests.

Ordering food panels is discouraged by the AAAAI (American Academy of Allergy Asthma & Immunology) as well ACAAI (American College of Allergy Asthma and Immunology) and AAP (American Academy of Pediatrics).3

Effective February 9, 2021:

- The FOODP (Food Panel) and FOODR (Food Panel to reflex to components) will be discontinued. However, we understand the need for physicians to have a basic panel containing the most common food allergens, so we have created a Basic Food Panel for this purpose (see page 2).
- The Childhood Panel has been modified to remove food allergens (see page 2).
- A Basic Respiratory Panel has been created (BRAP). This panel offers a scaled down profile including the most common local respiratory allergens. The current Respiratory Allergen Panel will still be available for ordering.
- ALL INDIVIDUAL ALLERGENS WILL CONTINUE TO BE AVAILABLE FOR ORDERING.

1.) https://www.choosingwisely.org/societies/american-academy-of-allergy-asthma-immunology/
### Basic Food Panel (BFDP)
- F2A Milk
- F1A Egg white
- F13A Peanut
- F18 Brazil Nut
- F202 Cashew Nut
- F256 Walnut (food)
- F20 Almond
- F201 Pecan
- F3A Codfish
- F40A Tuna
- F24 Shrimp
- F338 Scallop
- F14 Soy
- F4A Wheat

### Basic Respiratory Panel (BRAP)
- E1 Cat dander
- E5 Dog dander
- E72 mouse urine proteins
- I6 Cockroach
- G6A Timothy grass (Phleum pratense)
- M6 Alternaria alternata
- M3A Aspergillus fumigatus
- T15 White Ash (Fraxinus americana)
- T3A Birch (Betula verrucosa)
- T14A Cottonwood (Populous deltoides)
- T7A Oak (Quercus alba)
- W1 Common ragweed (short; Ambrosia elatior)
- D2A Common Dust Mite, D. farinae
- D1A Common Dust Mite, D. pteronyssinus

### Childhood Allergy Panel (CHDP):
- For kids 12 months & younger
- D1A Common Dust Mite, D. pteronyssinus
- D2A Common Dust Mite, D. farinae
- E1 Cat dander
- E5 Dog dander
- G6A Timothy grass (Phleum pratense)
- T3A Birch (Betula verrucosa)
- W1 Common ragweed (short; Ambrosia elatior)
- I6 Cockroach
- M6 Alternaria alternata
- M2 Cladosporium herbarum
- E72 mouse urine proteins

Total = 11
PLUS TOTAL IGE

Total = 15
PLUS TOTAL IGE

Total = 14
PLUS TOTAL IGE