



Beaumont Hospital Immunology Department Guide to requesting Specific IgE for Allergy Testing

Year-Round Asthma/Rhinitis

- House dust mite
- Cat/Dog if close contact with pet or severe asthma
- Aspergillus if nasal polyps or severe asthma present

Seasonal Asthma/Rhinitis

- Pollen

Isolated rhinitis is not a feature of food allergy

Chronic urticaria & angioedema

- Allergy testing is not indicated

Suspected Food Allergy

- Symptoms occur within 1 hour of eating
- Symptoms occur every time the suspected food is eaten
- Symptoms never occur when the suspected food is not eaten
- 80-90% of food allergy in children is due to milk, eggs or nuts
- The majority of food allergy in adults is due to fish, shellfish and nuts.
- Single specific IgE can be requested
- If more than 1 food is suspected please discuss the history with the clinical team at 01-8093026 or via email at immunologydepartment@beaumont.ie