

Skin Tests for Allergy

In patients with allergy due to IgE (e.g. house dust mite allergy, pollen allergy, animal dander allergy, nut allergy) epicutaneous exposure (skin prick) to relevant allergens induces a visible wheal and flare reaction due to local mast cell degranulation.

A set of allergens which include pollens, moulds, animal danders, house dust mite and foods is used for testing. A histamine (positive) control and glycerol saline (negative) control are also tested to validate the results.

Variables in Skin Allergy Testing

Several factors may influence skin testing. Clinically relevant factors include:

- Drugs e.g. antihistamines
tricyclic antidepressants
benzodiazepines
beta blockers
- Age
- Previous immunotherapy
- After viral exanthem.

Contraindications

Testing is contraindicated in patients with:

- Current severe allergic symptoms
- Recent anaphylaxis
- Unstable asthma
- Acute illness
- Generalised skin rash
- Pregnancy.

Patient Preparation

- No antihistamines to be taken for seven days prior to test. Many over-the-counter medications (e.g. decongestants, cough mixtures and sinus mixtures) have antihistamines; these should be ceased
- No creams or moisturisers (including sunscreen) on arms for 48 hours prior to test
- Tricyclic antidepressant drugs often have profound 'antihistamine effects' and may preclude allergy skin testing
- Moderate to high dose oral corticosteroids, e.g. Prednisolone 25mg daily or above will impair skin test reactivity
- Asthma sprays such as Ventolin should not be stopped.

Allergy skin testing is performed **by appointment** at several locations across Brisbane and our Branch Laboratories.

For further information, please contact our Immunology Department on (07) 3121 4458 or your local QML Pathology Branch Laboratory.

RAST Allergen List

Single Allergens

Grasses

- Canary grass
- Cultivated wheat
- Couch, Bermuda
- Johnson grass
- Meadow grass
- Paspalum
- Perennial rye grass
- Timothy

Weeds

- Common ragweed
- Dandelion
- Marguerite, Daisy
- Plantain
- Western ragweed

Trees

- Eucalyptus
- Melaleuca
- Wattle, Acacia

Dust & Mites

- House dust mite
- D. pteronyssinus
- House dust mite
- D. farinae
- House dust

Epithelia & Animal Proteins

- Cat
- Dog dander
- Dog epithelium
- Cow dander
- Horse dander
- Budgerigar feathers
- Chicken feathers
- Duck feathers
- Guinea pig
- Mouse epithelium
- Mouse urine protein
- Rat epithelia
- Rat urine proteins
- Sheep epithelium

Moulds

- Alternaria tenuis
- Aspergillus fumigatus
- Candida albicans
- Cladosporium herbarum
- Penicillium notatum

Insects

- Cockroach
- Honey bee venom
- Mosquito
- Paper wasp venom
- Yellow jacket wasp venom

Foods

- Almond
- Apple
- Banana
- Barley
- Beef
- Blue mussel
- Brazil nut
- Buckwheat
- Cashew
- Cheddar cheese
- Chicken meat
- Chilli pepper (Capsicum)
- Cocoa
- Coconut
- Coffee
- Corn (maize)
- Crab
- Egg white
- Egg yolk
- Fish (cod)
- Garlic
- Gluten
- Grape
- Hazelnut
- Melons (Rockmelon & Honeydew)
- Macadamia
- Mango
- Milk
- Mutton
- Oat
- Onion
- Orange
- Peach
- Peanut
- Pineapple
- Pinenut
- Pork
- Potato
- Rice
- Rye
- Salmon
- Sesame seed
- Shrimp
- Soya bean
- Strawberry
- Sunflower seed
- Tomato
- Tuna
- Walnut
- Wheat
- Yeast

Cow Milk Proteins

- - lactalbumin
- β - lactoglobulin
- Casein

Drugs

- Amoxicillin
- Ampicillin
- Penicilloyl-G
- Penicilloyl-V

Miscellaneous

- Latex
- Suxamethonium

Inhalant Screen

Contains allergens from the following groups:

- Grasses
- Weeds
- Moulds
- House dust mite
- Animal epithelia

Multiple Allergens

Grass Pollen Mix

- Couch (Bermuda)
- Timothy
- Meadow
- Johnson
- Rye
- Paspalum

Tree Pollen Mix

- Wattle
- Olive
- Willow
- White pine
- Eucalyptus
- Melaleuca

Weed Pollen Mix

- Common ragweed
- Mugwort
- Saltwort (prickly)
- Plantain
- Goosefoot

Animal Dander Mix

- Cat
- Dog
- Horse
- Cow

Caged Bird Mix

- Budgerigar
- Canary
- Finch
- Parakeet
- Parrot

Mould Mix

- Penicillium
- Aspergillus

- Cladosporium
- Alternaria

House Insects Mix

- House dust mite
- D. pteronyssinus
- House dust mite
- D. farinae
- House dust
- Cockroach

Food Mix

- Egg white
- Milk
- Yeast
- Soya bean
- Peanut
- Fish (cod)

Cereal Mix

- Wheat
- Oat
- Buckwheat
- Corn
- Sesame seed

Fruit Mix

- Peach
- Kiwi fruit
- Rockmelon
- Banana
- Pineapple

Nut Mix

- Peanut
- Almond
- Coconut
- Hazelnut
- Brazil nut

Seafood Mix

- Cod
- Shrimp
- Tuna
- Blue mussel
- Salmon

Disinfectant Agent Mix

- Ethylene oxide
- Phthalic anhydride
- Formalin/formaldehyde
- Chloramine T

Reactive Chemical Mix

- Isocyanate TD1
- Isocyanate MD1
- Isocyanate HD1
- Phthalic anhydride

Skin Allergen List

Routine Allergen Screen

Pollens

- Couch (Bermuda)
- Eucalyptus
- Johnson grass
- Paspalum
- Pine
- Plantain
- Prairie grass (Brome)
- Ragweed
- Timothy grass
- Wattle
- Wild oat

Moulds

- Alternaria
- Aspergillus fumigatus
- Aspergillus niger
- Botrytis
- Cladosporium hormodendrum (Herbarum)
- Penicillium mould

Epithelial Extracts

- Cat fur
- Cattle hair
- Dog hair
- Feather mix
- Horse hair

Food Extracts

- Cashew
- Egg white
- Egg yolk
- Milk - cow
- Peanut
- Shellfish
- Shrimp
- Soy bean
- Wheat flour (whole)

Miscellaneous Extracts

- House dust mite
- Cockroach

Additional Food Allergens (available on request)

- Banana
- Chicken
- Cod
- Lobster
- Rice grain
- Strawberry
- Tomato
- Yeast (Baker's Yeast)
- 7 grass mix

QML PATHOLOGY LABORATORIES

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Central Laboratory - Brisbane	(07) 3121 4444
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Allergy Testing