



Allergy testing at Mater Pathology

RAST or Specific IgE testing

What is RAST (Specific IgE)?

RAST testing or Specific IgE testing measures the presence of IgE antibodies in the serum directed against a particular allergen.

Measurement of specific IgE is useful in the diagnosis of immediate/type I allergies which include:

- Acute urticaria, angioedema or anaphylaxis to foods
- Environmental triggers for allergic rhinitis/conjunctivitis or asthma (e.g. dust mite, grasses, moulds, animal dander)
- Allergies to stinging insects (e.g. bees, paper wasps).
- Allergies to some medications and materials (e.g. penicillins, latex).
- Triggers for eczema/atopic dermatitis in some patients (e.g. house dust mite, some food allergens in children).

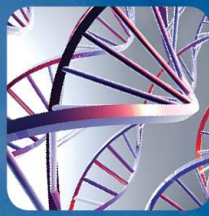
RAST testing is NOT useful in the diagnosis of non-IgE mediated food intolerances or chemical sensitivities.

Interpretation of results

The presence of allergen specific IgE indicates “sensitisation” to an allergen but not necessarily clinical allergy; therefore all laboratory results must be interpreted in the context of the clinical history. Higher levels of allergen specific IgE are more likely to be associated with clinical allergy. The severity of an individual patient’s allergy or risk for future anaphylaxis cannot be reliably predicted by the level of specific IgE.

Where possible, the choice of allergens for testing should be targeted towards those most likely to be causing symptoms in a particular patient. Non-discriminative ordering of allergen mixes can lead to low/false positive results which may make interpretation of results difficult.

Below is a list of currently available allergens tested on site at Mater Pathology. Additional allergens may be available on request – please contact the laboratory to discuss further testing options.



Allergens covered by Mater Pathology RAST

FOODS

FRUIT

- Avocado
- Banana
- Fruit Mix (Apple, Banana, Orange, Peach)
- Kiwi Fruit
- Mango
- Orange
- Strawberry
- Tomato

MEATS

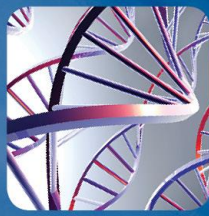
- Beef
- Chicken
- Lamb
- Meat mix (Beef, Chicken, Pork, Turkey)
- Pork

NUTS

- Almond
- Brazil Nut
- Cashew
- Hazelnut
- Nut Mix (Almond, Brazil Nut, Coconut, Hazelnut, Peanut)
- Peanut
- Pecan
- Pistachio
- Walnut

SEAFOOD

- Blue Mussel
- Crab
- Fish (Cod)
- Oyster
- Prawn (Shrimp)
- Salmon



Allergens covered by Mater Pathology RAST

- Seafood Mix (Blue Mussel, Fish, Salmon, Shrimp, Tuna)
- Tuna

STAPLE FOODS

- Cacao/Chocolate
- Cereal Mix (Buckwheat, Maize, Oat, Sesame Seed, Wheat)
- Cheese/Cheddar
- Corn (Maize)
- Egg White
- Food Mix (Egg white, Fish, Milk, Peanut, Soybean, Wheat)
- Gluten
- Milk
- Sesame
- Soybean
- Wheat
- Yeast (Baker's)

INHALANTS

ANIMAL DANDER

- Animal Mix (Cat, Cow, Dog, Horse)
- Cage Bird Mix (Budgerigar, Canary, Finch feathers, Parakeet, Parrot)
- Cat Dander
- Dog Dander

HOUSE DUST/INSECTS

- Cockroach (*Blatella Germanica*)
- House Dust Mite (*D. pteronyssinus*)
- House Dust Mix (Including *D. pteronyssinus*, *D. farinae*, *Blatella germanica*)

MOULDS

- *Alternaria alternata*
- *Aspergillus fumigatus*
- Mould Mix (*Alternaria*, *Aspergillus*, *Cladosporium*, *Penicillium*)

PLANT POLLENS

- Bahia Grass (*Paspalum*)
- Bermuda Grass (*Cynodon*, Couch)
- Grass Mix (Bermuda, Johnson, Meadow, *Paspalum*, Rye, Timothy)



Allergens covered by Mater Pathology RAST

- Johnson Grass (Sorghum)
- Rye Grass (*Lolium perenne*)
- Tree Mix (Acacia, Eucalyptus, Melaleuca, Olive, White Pine, Willow)
- Weed Mix (English Plantain, Lamb's Quarters, Mugwort, Ragweed, Saltwort)

STINGING INSECTS

- Honey Bee
- Paper Wasp (*Polistes*)

DRUGS AND MATERIALS

- Latex
- Penicillins (Amoxicillin, Penicillin G, Penicillin V)