



What is the benefit of allergy testing?

Allergy testing is useful in helping find out what specific allergen(s) are the causes of your allergic symptoms. Allergy test results can guide your physicians in deciding specific medications and lifestyle changes necessary to minimize allergic symptoms. For example, if allergy testing results show that you are allergic to birch tree pollen but not cat dander - either of which could result in overlapping allergy symptoms, taking allergy medications and avoiding areas with dense birch trees during the springtime would be as effective as more drastic measures, like taking allergy medications and avoiding the outdoors all year round *and* giving the pet away.

What types of allergy testing is available at Virant Diagnostics Laboratory?

Virant Diagnostics Laboratory offers **basophil activation testing (BAT)** and **ImmunoCAP allergy testing** for specific IgE and specific IgG4. They can help you by finding effective therapeutic regimens more efficiently and more safely than the more traditional tests that involve provocation testing, such as skin patch, oral food challenge, and/or nasal spray administration, especially if you are at high risk for anaphylaxis or severe allergic responses.

What is basophil activation testing (BAT)?

Basophil activation testing (BAT) is a “virtual/test tube provocation test” where blood is drawn and exposed to an allergen or set of allergens, looking for immunologic reactions indicative of allergy; you are not exposed directly to these allergens and you are not subjected to the risks of allergic reactions.

BAT is an in vitro test that involves extracting a patient’s blood and exposing it to the allergens. We then look for cellular markers indicative of whether an allergic reaction occurred or not with each specific allergen, and to what degree.

What is ImmunoCAP Specific IgE blood testing?

ImmunoCAP allergy testing is another specialized in vitro allergy test that can quantify total IgE, specific IgE (sIgE), and specific IgG4 (sIgG4): sIgE testing can help determine what you are specifically allergic to; sIgG4 can determine how tolerant to a specific allergen you are or have become, which is especially useful if you are, or have been undergoing allergen-specific immunotherapy (AIT).

ImmunoCAP allergy testing is a convenient blood test. It is the gold standard in in vitro allergy diagnostics that is trusted across specialties to optimize outcomes in patients with allergies. It is a specialized allergy test not limited to allergy specialists. ImmunoCAP can identify which whole allergens you may be allergic to (e.g., peanuts, tree nuts, milk, eggs, pets, medications, pollens, molds, etc., and can furthermore identify allergen components - specific molecules within a whole allergen - that you may be reacting to.

