

## **96 Food Allergy (IgE) Panel**

### **TEST DESCRIPTION**

The root cause of any allergic reaction, whether mild or severe, can always be traced to antibodies called IgE. The body produces antibodies as a reaction against something, and this specific type of antibody serves as a memory to recognize and attack that substance in the future. This reaction releases histamine, which causes the symptoms we associate with allergies: difficulty breathing, runny nose, itching, redness, and more, and in extreme cases anaphylaxis. This extreme inflammatory reaction can be dangerous, even deadly for some. Allergy tests will look for many different IgE, each one specific to something different, and help identify potential causes for allergic reactions. The bigger the panel, the greater number of items that can be tested for allergic reactions. If you have a specific allergy you are interested in, consult with your local Any Lab Test Now to make sure that item or substance is being tested for in the panel of your choice.

Test results should be interpreted and discussed with your provider.

This test measures the body's cellular reactivity to:

Almond	Blueberry	Chicken	Garlic
Alpha Lactalbumin	Brazil Nut	Chocolate	Ginger
Apple	Broccoli	Clam	Gluten, Wheat
Apricot	Buckwheat	Coconut	Grape
Asparagus	Cabbage	Cod	Grapefruit
Avocado	Carrot	Coffee Bean	Green Bean
Baker's Yeast	Casein	Corn	Green Pea
Banana	Cauliflower	Cow's Milk	Green Pepper
Barley	Celery	Crab	Halibut
Beef	Cheddar Cheese	Cucumber	Hazelnut
Beta Lactoglobulin	Cheese, Mold Type	Egg White, Chicken	Kidney Bean
Blue Mussel	Chestnut	Egg Yolk, Chicken	Kiwi
Lamb	Oyster	Rice	Tomato
Lemon	Parsley	Rye	Trout
Lettuce	Peach	Salmon	Tuna
Lima Bean	Peanut	Scallop	Turkey
Lobster	Pear	Sesame Seed	Vanilla
Mango	Pecan	Shrimp	Walnut
Melon	Pineapple	Sole	Watermelon
Mushroom	Pinto Bean	Soybean	Wheat, Whole
Oat	Pistachio Nut	Spinach	Whey
Onion	Plum	Strawberry	White Bean
Orange	Pork	Sugar Cane	White Potato
Oregano	Pumpkin	Sweet Potato	Yogurt

**Am I required to fast?**

No, fasting is not required before being tested for allergies.

**What kind of sample is required?**

A blood sample is required for the test.

**How long will it take to get my results?**

Results are typically available within 48 to 72 business hours after the lab receives your sample.

**Is a doctor's order required?**

Any Lab Test Now can provide a physician's order, if you are not able to provide one.

**Do I need to make an appointment?**

No, you are welcome to walk in for same-day testing. We make it easy for you by offering work-friendly hours.

**If I have questions about my results, who should I contact?**

We recommend you share your results with your healthcare provider. Additional testing, preventative options and/or treatment options can be considered with your healthcare provider.

**WRITTEN BY:**

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Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.