

# Your quick guide to using ImmunoCAP Specific IgE testing

## Get the full picture of your patients' suspected allergy symptoms

Ready to get the full picture of your patients' allergy triggers? This quick guide will show you how to get started. See how to confidently order, interpret, and apply ImmunoCAP™ Specific IgE blood tests to get the full picture.

### 1 When to order

#### Identify appropriate patients

- Look for patients with symptoms and a history of rhinitis, nasal congestion, rhinorrhea, sneezing, coughing, wheezing, chest tightness and/or shortness of breath
- These symptoms can indicate the patient is suitable for ImmunoCAP Specific IgE blood testing for respiratory allergens (trees, weeds, grasses, dust mites, molds, cat and dog dander, mouse urine and cockroach)<sup>1</sup>

### 2 How to order

- ImmunoCAP Specific IgE blood testing can be ordered from major or local laboratories
- Use a paper requisition or your electronic medical record (EMR) system to place orders
- Test codes can be found through your EMR system or lab provider

#### Need more assistance?

Still not sure how to order? [Get in touch](#) and we will connect you with a representative who can help.

### 3 How to interpret results

#### Initial interpretation steps:

- Combine ImmunoCAP Specific IgE blood test results with the patient's history, symptoms, and physical exam findings to inform your understanding and decision-making<sup>3,4</sup>

#### Use the test results applicable only to respiratory allergen result interpretation:

- The results indicate the patient's level of sensitization to specific allergens, measured in kilounits of allergen-specific IgE per liter of blood (kU<sub>A</sub>/l)<sup>2</sup>
- [Utilize our test interpretation guides](#) to confidently identify and manage allergies

#### Management considerations

**−** <0.1 kU<sub>A</sub>/l




- Consider other causes
- A negative result for a suspected allergen sensitization still aids in patient care
- Negative results help eliminate unnecessary allergen avoidance or ineffective anti-allergic medications, like antihistamines<sup>4</sup>

**+** ≥0.1 kU<sub>A</sub>/l

- Categorize results ranked from highest to lowest specific IgE sensitizations
- Provide allergen avoidance plan to keep patient below symptom threshold<sup>4</sup>
  - Consider reducing exposure to allergens with the highest specific IgE levels first
  - Focus on indoor allergens since these may be easier to control<sup>2</sup>
- Prescribe appropriate medication if needed, e.g. antihistamines<sup>4</sup>
- If inadequate response or other considerations like allergen immunotherapy (AIT), consider referral to specialist<sup>4</sup>

## Interpreting elevated results

Results  $\geq 0.1$  kU<sub>A</sub>/l indicate an allergen sensitization, which, in conjunction with patient history, can be used to help clinically diagnose allergy.<sup>2</sup>

 Specific IgE <b>normal</b> , total IgE <b>normal</b>		 Specific IgE <b>elevated</b> , total IgE <b>normal</b>		 Specific IgE <b>elevated</b> , total IgE <b>elevated</b>		 Specific IgE <b>normal</b> , total IgE <b>elevated</b>	
Birch, common silver	<0.10	<i>Alternaria alternata</i>	<0.10	<b>Cedar, mountain</b>	<b>0.12</b>	Alder, grey	<0.10
Cedar, mountain	<0.10	<i>Aspergillus fumigatus</i>	<0.10	<b>Cottonwood</b>	<b>0.20</b>	Birch, common silver	<0.10
Elm, american	<0.10	Bermuda grass	<0.10	Elm, american	<0.10	Cedar, mountain	<0.10
Maple/box elder	<0.10	Birch, common silver	<0.10	Oak, white	<0.10	Cottonwood	<0.10
Oak, white	<0.10	<b>Cat dander</b>	<b>4.01</b>	Olive tree	<0.10	Elm, american	<0.10
Pecan, hickory	<0.10	Cladosporium herbarum	<0.10	<b>Mugwort</b>	<b>40.34</b>	Maple/box elder	<0.10
Nettle	<0.10	Cockroach, german	<0.10	Pigweed, common	<0.10	Oak, white	<0.10
Pigweed, common	<0.10	<b>Common ragweed (short)</b>	<b>20.13</b>	Common ragweed (short)	<0.10	Mugwort	<0.10
Common ragweed (short)	<0.10	<i>D farinae</i>	<0.10	Sheep sorrel	<0.10	Pigweed, common	<0.10
Sheep sorrel	<0.10	<i>D pteronyssinus</i>	<0.10	<b>Thistle, russian</b>	<b>&gt;100</b>	Sheep sorrel	<0.10
Bahia grass	<0.10	Dog dander	<0.10	Bermuda grass	<0.10	Thistle, russian	<0.10
Bermuda grass	<0.10	Elm, american	<0.10	Bahia grass	<0.10	Timothy grass	<0.10
<i>Alternaria alternata</i>	<0.10	Maple/box elder	<0.10	Rye grass, perennial	<0.10	<i>Alternaria alternata</i>	<0.10
<i>Aspergillus fumigatus</i>	<0.10	Cedar, mountain	<0.10	<i>Alternaria alternata</i>	<0.10	<i>Aspergillus fumigatus</i>	<0.10
<i>Cladosporium herbarum</i>	<0.10	Mouse urine proteins	<0.10	<b><i>Aspergillus fumigatus</i></b>	<b>25.25</b>	<i>Cladosporium herbarum</i>	<0.10
<i>Penicillium chrysogenum</i>	<0.10	Mulberry	<0.10	<b><i>Cladosporium herbarum</i></b>	<b>21.85</b>	<i>Penicillium chrysogenum</i>	<0.10
Cat dander	<0.10	<b>Oak, white</b>	<b>9.27</b>	<b><i>Penicillium chrysogenum</i></b>	<b>35.15</b>	Cat dander	<0.10
Cockroach, german	<0.10	Pecan, hickory	<0.10	Cat dander	<0.10	Cockroach, german	<0.10
<i>D farinae</i>	<0.10	<i>Penicillium chrysogenum</i>	<0.10	Cockroach, german	<0.10	<i>D farinae</i>	<0.10
<i>D pteronyssinus</i>	<0.10	Rough marsh elder	<0.10	<i>D farinae</i>	<0.10	<i>D pteronyssinus</i>	<0.10
Dog dander	<0.10	Pigweed, common	<0.10	<i>D pteronyssinus</i>	<0.10	Dog dander	<0.10
Mouse urine	<0.10	Timothy grass	<0.10	<b>Dog dander</b>	<b>11.25</b>	Mouse urine	<0.10
<b>Total IgE</b>	<b>10</b>	Walnut	<0.10	Mouse urine	<0.10	<b>Total IgE</b>	<b>380</b>
Consider patient management as if <b>nonallergic</b>		<b>Consider patient management as if <b>allergic</b></b> ~30% present this way. <sup>5</sup> This is why it is not recommended to screen with total IgE. <sup>6</sup>		<b>Consider patient management as if <b>allergic</b></b>		<b>Consider additional patient follow up</b> Reconsider profile, geography, other exposures like furry/feathered animals, medications, or comorbid conditions.	

<sup>1</sup>Official product names mentioned within this document: ImmunoCAP Allergen d1, House dust mite, ImmunoCAP Allergen d2, House dust mite, ImmunoCAP Allergen e1, Cat dander, ImmunoCAP Allergen e5, Dog dander, ImmunoCAP Allergen e72, Mouse urine proteins, ImmunoCAP Allergen g17, Bahia grass, ImmunoCAP Allergen g2, Bermuda grass, ImmunoCAP Allergen g5, Rye-grass, ImmunoCAP Allergen g6, Timothy, ImmunoCAP Allergen i6, Cockroach, German, ImmunoCAP Allergen m1, Penicillium chrysogenum, ImmunoCAP Allergen m2, Cladosporium herbarum, ImmunoCAP Allergen m3, Aspergillus fumigatus, ImmunoCAP Allergen m6, Alternaria alternata, ImmunoCAP Allergen t10, Walnut, ImmunoCAP Allergen t14, Cottonwood, ImmunoCAP Allergen t2, Grey alder, ImmunoCAP Allergen t212, Cedar, ImmunoCAP Allergen t22, Pecan, Hickory, ImmunoCAP Allergen t3, Common silver birch, ImmunoCAP Allergen t7, Oak, ImmunoCAP Allergen t70, Mulberry, ImmunoCAP Allergen t8, Elm, ImmunoCAP Allergen t1, Box-elder, ImmunoCAP Allergen t9, Olive, ImmunoCAP Allergen w1, Common ragweed, ImmunoCAP Allergen w11, Saltwort (prickly), Russian thistle, ImmunoCAP Allergen w14, Common pigweed, ImmunoCAP Allergen w16, Rough marshelder, ImmunoCAP Allergen w18, Sheep sorrel, ImmunoCAP Allergen w20, Nettle, ImmunoCAP Allergen w6, Mugwort, ImmunoCAP Total IgE

ImmunoCAP™ Specific IgE blood test results are quantitative. Results **above 0.1 kU<sub>A</sub>/l** are indicative of an allergen-specific IgE sensitization.<sup>1</sup>

ImmunoCAP™ Total IgE reference ranges reported in kU/l are dependent on age. Use your lab's reference range for ImmunoCAP Total IgE located on the results report.<sup>2</sup>



## To sum it up

It's easier than ever for general practitioners to help allergy patients. Patients want answers and relief. You want the best tools to deliver. That's why we've made it easy to order and interpret ImmunoCAP Specific IgE blood testing.

Because sometimes, you need the full picture to truly optimize your treatment plan. Get the full picture with ImmunoCAP Specific IgE blood testing.

Order ImmunoCAP Specific IgE blood testing from a major or local laboratory through a paper requisition or your EMR system.

Learn more at [thermofisher.com/immunocap/catalog](https://thermofisher.com/immunocap/catalog)

### References

1. Dykewicz MS et al. (2020) Rhinitis 2020: a practice parameter update. *J Allergy Clin Immunol.* 146(4):721–767.
2. ImmunoCAP™ Specific IgE Conjugate 400 Directions for Use. Published 2022-06-02.
3. Demoly P, Liu AH, Rodriguez Del Rio P, Pedersen S, Casale TB, Price D (2022) A pragmatic primary practice approach to using specific IgE in allergy testing in asthma diagnosis, management, and referral. *J Asthma Allergy.* 15:1069–1080.
4. Papadopoulos NG et al. (2015) Phenotypes and endotypes of rhinitis and their impact on management: a PRACTALL report. *Allergy.* 70(5):474–494.