

## ImmunoCAP™ Specific IgE blood test results: Interpretation

When you receive your patient's ImmunoCAP Specific IgE blood test results from the lab after ordering a regional respiratory profile, use the test results in conjunction with patient history, symptoms of why you tested, and physical exam to help interpret the results and decide on a patient management plan.

### Sample respiratory pathway

STEP  
1

Patients presenting with any of the following: nasal congestion, rhinorrhea, sneezing, itchy nose/eyes, coughing, wheezing, chest tightness, shortness of breath.

STEP  
2

Order an ImmunoCAP Specific IgE blood test respiratory profile as an aid in diagnosis of IgE-mediated diseases<sup>1</sup>.

STEP  
3

Use the steps shown here to determine next steps based on detected sensitizations. Typical results scenarios are shown on page 2.

#### Interpret Results

<0.1 kU<sub>A</sub>/I

Consider other causes

≥0.1 kU<sub>A</sub>/I

- Categorize results ranked from highest to lowest specific IgE sensitizations
- Provide allergen avoidance plan to keep patient below symptom threshold
  - Consider reducing exposure to allergens with the highest specific IgE levels first
  - Focus on indoor allergens since these may be easier to control
- Prescribe appropriate medications, e.g. antihistamines<sup>2</sup>
- Follow up. If inadequate response, refer to specialist<sup>2</sup>



Establish an allergen avoidance and medication plan with your patient.

Find out more at [allergyaidiagnostics.com/testcodes](http://allergyaidiagnostics.com/testcodes)

### Regional profiles

Each region of the country has a different regional profile to account for different trees, weeds, and grasses. Perennial allergens (molds, dust mites, mouse urine, cockroach, dog and cat dander) are found year-round and are included on any regional profile. Indoor allergens indicated in bold.

#### D = Dust mite

Dermatophagoides farina; Dermatophagoides pteronyssinus



#### E = Epidermal

Cat and Dog Dander; Mouse Urine



#### M = Mold

Alternaria alternata; Aspergillus fumigatus; Cladosporium herbarum; Penicillium chrysogenum



#### I = Insect

Cockroach



#### T = Trees

Alder, Grey; Bayberry/Sweet Gale; Birch, Common Silver; Cedar, Mountain; Cottonwood; Elm, American; Eucalyptus; Eucalyptus Tree; Maple/Box Elder; Maple Leaf; Mesquite Tree; Mimosa/Acacia; Mulberry, White; Olive Tree; Palm, Queen; Pecan, Hickory; Pine, White; Sycamore; Walnut; White Ash; White; Oak



#### W = Weeds

Mugwort; Nettle; Pigweed, Common; Ragweed, Short; Rough Marshelder; Russian Thistle; Sheep Sorrel; Wall Pellitory



#### G = Grasses

Bahia Grass, Bermuda Grass; Johnson Grass; Rye Grass, Perennial; Redtop, Bentgrass; Timothy Grass



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## Result scenarios: Respiratory profiles



ImmunoCAP Specific IgE blood test results are quantitative. Results **above 0.1 kU<sub>A</sub>/I** are indicative of an allergen-specific IgE sensitization.<sup>1</sup> Total IgE reference ranges are dependent on age. You must use your lab's reference range for Total IgE located on the results.

[allergyaidiagnostics.com](http://allergyaidiagnostics.com)

#### References

1. Phadia™ ImmunoCAP™ Specific IgE 0-100 Directions for Use for the Phadia 250 Laboratory System. Published 2019-10-24.
2. Papadopoulos, et al. *Allergy*. 2015; 70; 474-494.
3. Phadia™ ImmunoCAP™ Total IgE Directions for Use. Published 2019-10-29.
4. Bernstein, L, et al. Allergy Diagnostic Testing: An Updated Practice Parameter. *Annals of Allergy, Asthma, and Immunology*. 2008. 100:S1-S148.

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