

## **Food Allergy Testing**

Allergy testing is a service we provide in office for those with severe allergies or suspected allergies or intolerances. During this test, about 54-70 different allergens are tested over roughly a 15-20 minute period by slightly pricking the skin (usually of the back) with each of the allergens individually. This test is needle-free. This produces little to no pain. After the allergens are applied, 20 minutes are waited to see how the body will react. After the 20 minutes have elapsed, any raised bumps (signs of irritation) are measured and compared against a negative control (that contained no allergen), in order to see what, if anything the patient is allergic to. It is very important that you have not taking any antihistamine medication for at least 5 days before the test, or the results may be faulty.