

## Food Allergy

Refer all patients with known or suspected **allergic reactions to foods**. Some patients may have been told that they have multiple food allergies after high street 'allergy' tests: many of these tests are unscientific: refer for further testing only those in whom correct testing will help them come to terms with chronic symptoms e.g. irritable bowel.

Advise patients to avoid potential triggers identified in the history pending further investigations. If a suspected trigger has been tolerated since the reaction it is excluded as a cause.

### What tests can I do?

If a food is clearly implicated, request specific IgE to the particular food if available.

Specific IgE to E-numbers or MSG are not available.

Some specific IgE tests have been withdrawn from testing, so please contact the Immunology laboratory before requesting.

Do not request testing against foods which were not involved, or which have been tolerated since the reaction. Non-specific symptoms are virtually never due to true food allergy.

We **do not** investigate cases of food intolerance.

Lactose intolerance can be normally diagnosed based on clinical symptoms only however if further investigations including hydrogen breath test are required, please consider contacting the Programmed Investigation Unit at Hull Royal Infirmary or the Gastrointestinal Physiology Department at the Castle Hill Hospital.