

## Frequently Asked Questions

### Do I need a referral?

If you are suffering from environmental allergies and would like to be assessed, no referral is necessary. You can book an appointment via our Appletree Patient Portal or over the phone.

### Is there anybody who shouldn't have an environmental allergy test?

When you request an allergy test at one of our Appletree Medical Centres, you will be asked to answer some screening questions designed to understand if a test is safe for you. Environmental allergy tests cannot be performed if you are taking certain medications, if you are pregnant, have a blood-borne virus or an asthma condition that is not well controlled.

Before the test, you will also be required to discontinue any allergy medication 72 hours prior to your appointment.

### How often can I be tested?

The Ontario Health Insurance Plan (OHIP) currently covers one allergy testing per year.



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### Book Your Allergy Test Today

Allergy tests are available by appointment only.





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## Environmental Allergy Testing

**Diagnosis & Treatment of Environmental Allergy Symptoms**

Book by Phone 

Book Online Via our Patient Portal 

# Allergy Testing

## What Is an Allergy?

An allergy is a condition describing an exaggerated response to an aeroallergen, an otherwise harmless airborne substance.

## What Allergens Will I Be Tested For?

Our comprehensive allergy test will help you determine whether any of the following allergens are the cause:

**Inhalants:** House dust, dust mites, cockroaches

**Animals:** Cat, dog, guinea pig, horse, birds, mouse, rabbit

**Moulds:** Mould mix, Botrytis, Fusarium, Dreschelera, Phoma, Stemphylium, Smuts, Aspergillus, Alternaria, Cladosporium, Epicoccum, Neurospora, Mucor, Penicillium, Pullularia, Rhizopus

**Tree Pollens:** Tree mix, ash, beech, birch, elm, maple, oak, poplar, sycamore, willow, alder

**Grass:** Grass mix

**Weeds:** Ragweed mix, cocklebur, goldenrod, marsh elder, sage, dandelion, kochia, lamb's quarters, nettle, pigweed, plantain, Russian thistle, sorrel

## What Are the Symptoms of Allergies?

**Allergic Rhinitis:** Commonly known as hay fever, symptoms may include nasal congestion, runny nose and eyes, sneezing and itching.

**Allergic Conjunctivitis:** When your eyes are exposed to an aeroallergen trigger, you may experience itching, burning, redness, swelling and excess tear production.

**Asthma:** People with asthma will often suffer from a worsening in symptoms when exposed to an aeroallergen trigger such as red, swollen airways, thick mucous production, chronic cough, wheezing and shortness of breath.

## What Are The Treatment Options?

If you suffer from rhinitis, conjunctivitis or asthma, allergy testing can determine which specific aeroallergens trigger your symptoms. Modern allergy treatment is simple, safe and effective. If a trigger has been clearly identified during testing, treatment options like immunotherapy may be recommended by our physicians.

Immunotherapy, taken as either a shot or a drop, is a safe and effective method to prevent repetitive allergic disease and can offer long-lasting relief and even a cure for many people.

## What To Expect



### Book Your Appointment

Book an allergy testing appointment at select Appletree Medical Centres. Be sure to bring a list of all medications that you take.



### During the Appointment

A skin prick test is done on the forearm to identify which allergen is causing the problems. You will also be asked to complete a pulmonary test to assess your lung function.



### After Your Appointment

The doctor will review the results with you and provide you with a copy of your allergy score sheet. Your doctor will also advise if additional treatment such as immunotherapy are required.

## Receive Your Allergy Test



✓ In-Clinic

