

Dear primary care colleagues,

We are writing to update you on the most recent changes to the local allergy requesting process, following the latest [Royal College of Pathologists \(RCPATH\) guidelines G194](#) (January 2025).

The guidelines highlight the following 5 main points:

1. Testing should be **strictly guided by the clinical history** and there is **no role for “screening”** with multiple specific IgE tests.
2. **Symptoms, Timing, Allergen, Reproducibility (STAR)** should be taken into consideration when taking an allergy history.
3. Testing recommendations – common **food mixes**, testing in the context of **drug allergy**, and systemic reactions to **bee and wasp venom allergy** are **not recommended**. Patients should be referred to specialist allergy services in the latter 2 cases.
4. In addition to information from STAR questions, details on **Examination, Treatment, Response, Mast cell tryptase results (ETRM)** should be made available to the referral service.
5. Isolated randomly occurring **urticaria with or without angioedema is unlikely to be allergy and allergy testing is therefore not required**.

In view of this updated guidance, we are in the process of reviewing the allergy test repertoire within BHRUT and the following changes have been implemented in collaboration with Barts Health Immunology service:

- **Common “food mix” and “nut mix” are no longer available** to request. Please clarify the individual triggers based on clinical history, as multiple requests for specific IgE suggest a non-targeted approach.
- Recurrent urticaria and angioedema are unlikely to be due to allergy – **specific IgE testing is not indicated in these cases. Suggest consider other causes** (such as spontaneous urticaria, often precipitated by stress, trauma, infection and certain medications such as NSAIDs and ACE-inhibitors), especially if there are no clear, consistent triggers.

These processes are under regular review, therefore, if you have further queries or concerns, please do not hesitate to contact us via the biochemistry clinical advice email (bhrut.biochemistry-clinical-advice@nhs.net).

Kind regards
Clinical Biochemistry team, BHRUT

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