



# ALLERGY SCREENING

ALLERGY TESTING PACKAGES



## WHY GET TESTED?

Many people live with allergies for years without realising the root cause. Reactions can affect your skin, digestion, breathing and energy levels — all without an obvious trigger.



## WHAT IS AN IgE BLOOD TEST?

The Specific IgE (ImmunoCAP) test detects IgE antibodies in your blood. It's safe, painless, requires no fasting, and can test 1–60+ allergens from a single blood draw — with no need to stop medication.





# OUR LOCATION

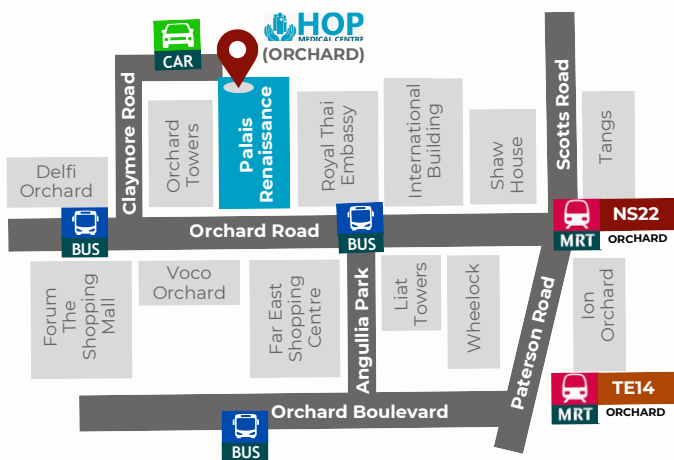
2 one-stop medical centres located at Orchard and Tampines. Fully equipped for all tests, exams and scans to be completed conveniently under one roof.

## HOP MEDICAL CENTRE (ORCHARD)

390 Orchard Road, Palais Renaissance, #11-03/04, S238871

## HOP MEDICAL CENTRE (TAMPINES)

1 Tampines Central 5, CPF Building, #07-04/05, S529508



- Conveniently located in Orchard Road
- Just a 5-mins walk from Orchard MRT



- Conveniently located in the heart of Tampines Central
- Inside CPF Building
- Just a 2-mins walk from Tampines MRT Station (DT/EW) and bus interchange

## INHALANT PANEL

Dust / Mites / Epidermals / Pollens

### \$713.41

*\$654.50 before GST*

1. Alternaria Alternata M6
2. Aspergillus Fumigatus M3
3. Bahia Grass G17
4. Bermuda Grass G2
5. Blomia Tropicalis D201
6. Cat Dander E1
7. Cockroach I6
8. Common Ragweed W1
9. Curvularia Lunata M16
10. D. Farinae D2
11. D. Pteronyssinus D1
12. Dog Dander ES
13. Dust – Greer H1
14. Johnson Grass G10
15. Timothy Grass G6

## ECZEMA PANEL

Skin Allergen Testing

### \$607.89

*\$557.70 before GST*

1. Cat Dander E1
2. Chicken F83
3. D. Pteronyssinus D1
4. Dog Dander ES
5. Egg White F1
6. Fish (Cod) F3
7. Hazel Nut F17
8. Cow's Milk F2
9. Peanut F13
10. Shrimp F24
11. Soya Bean F14



## SEAFOOD PANEL

Marine Food Allergens

### \$458.02

*\$420.20 before GST*

1. Anchovies (Ikan bilis) f 313
2. Clam F207
3. Crab F23
4. Fish (cod) f 3
5. Salmon F41
6. Shrimp f 24
7. Squid F258
8. Tuna F40



## SEAFOOD – SHELLFISH

Crustacean & Mollusc Allergens

### \$476.00

*\$436.70 before GST*

1. Blue Mussel F37
2. Clam F207
3. Crab F23
4. Lobster f 80
5. Oyster f 290
6. Scallop f 338
7. Shrimp F24
8. Squid F258



## COMMON ALLERGY PANEL

General Allergen Screening

### \$726.59

*\$666.60 before GST*

1. Anchovies (Ikan Bilis) F313
2. Chicken F83
3. Cocoa F93
4. Corn F8
5. Egg White F1
6. Fish (Cod) F3
7. Gluten F79
8. Honey F247
9. Cow's Milk F2
10. Peanut f 13
11. Sesame Seed f 10
12. Shrimp F24
13. Soya Bean F14
14. Wheat F4
15. Yeast F45



## ASTHMA PANEL

Respiratory Trigger Allergens

### \$528.76

*\$485.10 before GST*

1. Egg White F1
2. Cow's Milk F2
3. Wheat F4
4. Peanut F13
5. Chicken F83
6. Soya Bean F14
7. Cat Dander E 1
8. Dog Dander ES
9. D. Pteronyssinus D1
10. D. Farinae D2
11. Blomia Tropicalis D201



## FOOD (NUTS)

Nut & Legume Allergens

### \$515.57

*\$473.00 before GST*

1. Almond F20
2. Brazil Nut F18
3. Hazel Nut F17
4. Macadamia nut F345
5. Peanut F13
6. Pine Nut F253
7. Pistachio F203
8. Walnut F256



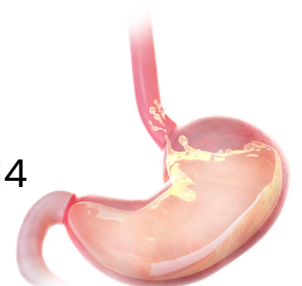
## GASTRO

Gastrointestinal Food Allergens

### \$396.87

*\$364.10 before GST*

1. Egg White F1
2. Milk F2
3. Wheat F4
4. Peanut F13
5. Chicken F83
6. Soya Bean F14



# PREPARATION AND INSTRUCTIONS

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## To bring

- NRIC/FIN/Passport

## To prepare

- NO FASTING REQUIRED – you may eat and drink normally before your test
- NO NEED to stop antihistamines, steroids, or other medications
- Please postpone your appointment if you are unwell

## During your visit

- A small blood sample will be taken by a trained nurse
- The blood draw is quick, gentle, and minimally invasive
- No exposure to allergens during the test
- No need to stop antihistamines or steroids beforehand
- Inform the nurse of any medications you are currently on

## What to expect

- The test checks for specific IgE antibodies in your blood
- Results are graded Class 0–6 per allergen tested
- Our doctor will explain findings and advise on next steps
- A personalised treatment or avoidance plan will be provided





## POST SCREENING

- Your allergy screening report will be sent to you within 3-5 working days. (excluding weekends, PH and eve of PH).
- *Contact us for a post screening review with our Doctor*

### THINGS TO TAKE NOTE

- Kindly arrive on time for your appointment. **Rescheduling** of appointments to be made at least 48 hours in advance us **via 6589 0009 (Orchard) / 6589 0002 (Tampines)**.
- Depending on your selected package, your screening may take **between 15–10 minutes for the blood draw**.
- A **time chit** can be provided for your screening appointment.