Soy allergy - Diagnosis and treatment - Mayo Clinic

Allergy specialists usually are best equipped to perform and interpret allergy skin tests. A blood test can measure your immune system’s response to soy by measuring the amount of certain antibodies in your bloodstream, known as immunoglobulin E (IgE). Work with your doctor to choose the most effective allergy medications and avoid problems. Even over-the-counter allergy medications have side effects, and some allergy medications can cause problems when combined with other medications. It’s especially important to talk to your doctor about taking allergy medications in the following situations.