

ORAL FOOD CHALLENGE INSTRUCTIONS
Associated Allergists and Asthma Specialists

Name: _____ Date of Birth: _____

Date of Appointment: _____ Time of Appointment: _____

Food to be tested: _____

An Oral Food Challenge has been advised by your Associated Allergist's physician to safely introduce an allergenic food to the patient's diet.

The following foods should be brought to the office for your or your child's Oral Food Challenge:

Please bring 2 servings of one or two items from the category checked below. Choose items that your child would be most likely to eat. **Please make sure that the items do not contain another food that the patient is allergic to. *RECIPES for BAKED EGG and BAKED MILK can be found at www.allergy-asthma.com.*

- ___ Baked Egg (muffins, cake). Bake for 30 minutes at 350° F. ***See recipe**
- ___ Lightly-Cooked Egg (French toast with syrup; scrambled eggs)
- ___ Baked Milk (muffins made with milk; cake or cupcakes baked with milk). ***See recipe.**
- ___ Milk (dairy) (2 cups whole, 2%, or skim; chocolate milk ok)
- ___ Peanut (1/2cup peanut butter with saltine crackers, soft rice crackers or light bread; 1/2 cup peanut baking chips)
- ___ Tree Nut: _____ (1/2cup nut butter with saltines, soft rice crackers or light bread; 2 cups nut milk; Nutella ok for hazelnut challenge)
- ___ Soy (1/2cup soy nut butter; 2 cups soymilk (flavored ok)
- ___ Other: _____

Preparation before the Oral Food Challenge

1. 3 - 5 days before test: Stop antihistamines.
2. 1 - 2 days before the test: Buy and/or prepare food to be tested. See list of food choices below.
3. Day of test: Patient may only eat a *light* breakfast up to 2-3 hours prior to visit.

***NOTE: The Oral Food Challenge cannot be performed if the patient is sick, has a fever, diarrhea, a cold virus or asthma symptoms.** If the patient is sick, please call to reschedule the appointment.

During the Challenge

1. A safe, controlled environment will be provided. The physician will designate the doses of the food item, which will be given by the nursing staff every 15 minutes for between 4 and 6 doses. Your child will be closely monitored. Please plan to be in the office for up to 3 hours.
2. Though the chance of reaction is very low, the office is equipped with medications if a reaction occurs.
3. Only the food to be tested and water to rinse the mouth can be given during the challenge.

After the Challenge

1. The physician will advise you as to the procedure for continued introduction of the food, if the challenge is successful. Refrain from offering tested food for the remainder of the day.
2. **Please make sure that two epinephrine auto-injectors are available for after the challenge (on the way home).**