How to Prepare for an Office Food Challenge

1. You **must** discuss if a food challenge in our office is appropriate for you/your child with your physician **before** booking this appointment.
2. **No antihistamines** one week before the visit.
3. All patients having a food challenge in our office must bring an **up to date Epinephrine Auto-Injector** with them on the day of the challenge.
4. Patients **must be in good health on appointment day**. If sick on the day of the challenge or **within 24-48hrs prior** to the challenge, please contact our office to reschedule.
5. **This appointment takes approximately 3 hours.** Once we begin the challenge the patient will be required to remain in our office for the entire observation period. For younger patients please bring items that they may find helpful to pass the time.
6. If requested to bring the food that is to be challenged, please review with our staff how it is to be prepared and bring it with you on the day of your appointment. No other food is allowed in the office.
7. Frequently, the patient will have a repeat skin test prior to starting the challenge. If the skin test is negative the challenge will proceed.
8. Prior to beginning the challenge, the patient will have a brief exam by the physician and allergy nurse. It is helpful to wear loose clothing. The patient will then be given a small amount of the food to be challenge, in increasing amounts, over a set period of time. Prior to each ingestion, the nurse will again do a brief exam of the patient. This phase generally takes approximately an hour depending on the age/cooperation of the patient. Following the final serving of food, the patient will be observed for an additional hour.
9. Upon successful completion of the challenge the patient will again have a brief exam by the physican and allergy nurse and be discharged with instructions from the physician.

If you/or your child is having a **Baked Egg** or **Baked Milk** challenge in our office please refer to the recipes posted on our web site for preparation directions.

**As with any food challenge there are risk/side effects that may be associated with this challenge. Having reviewed these risks with your physician, it has been decided that you/your child may benefit from this challenge in our office. If you have any questions regarding this procedure please contact our office to review your concerns.**

1/20/13