



ORAL CHALLENGE PROCEDURE

What is an Oral Challenge?

This test may help confirm or disprove that you have an allergy to a certain medication or food.

An Oral Challenge can only be performed if you/your child are in good health. If there is any significant rash, fever, cold symptoms, or worsening asthma, please call to reschedule. If in doubt, please call and discuss with a nurse.

If the patient is <18 yrs. old, a **parent/legal guardian should be present** for the entire Oral Challenge.

- If this is not feasible, please complete the *Oral Challenge Consent* form. If this form is not available at the time of the appointment, we will ask you to reschedule.

What Happens During a Challenge?

You/your child will ingest increasing amounts of the challenge item (i.e. food or drug) and be observed for a set time in between each dose and observed for a longer period after the last dose.

Are There Any Long-term Effects From an Oral Challenge?

The test may cause you/your child to develop hives/rash, wheeze, chest tightness, shortness of breath, abdominal pain, or nausea/vomiting. Potentially life-threatening reactions could occur. There has been one documented *death* from an oral challenge. You/your child may be given medication(s), which will rapidly relieve the symptoms. There are no known long-term side effects.

How to Prepare for Your Oral Challenge?

- You/your child ***may*** be asked to stop antihistamines for 3-10 days before the test (*see chart below for details*). If skin testing is also being done, please stop antihistamines beforehand. **Please call our office if you have questions about which medications should be held or may be continued.**
- Do **NOT** stop steroid medications, such as asthma medications, inhalers, nasal steroid sprays, oral steroids (prednisone), or topical steroids.
- Do **NOT** stop other daily non-allergy medications.
- Continue certain reflux medications such as esomeprazole (Nexium), lansoprazole (Prevacid), or omeprazole (Prilosec). *See chart below* for particular reflux medications to hold.



WHEN TO STOP MEDICATION BEFORE TEST	NAME OF MEDICATION
10 days	Oral antihistamines <ul style="list-style-type: none"> • Cyproheptadine (Periactin) • Hydroxyzine (Atarax, Vistaril)
3-7 days	Nasal spray and/or eye drop antihistamines <ul style="list-style-type: none"> • Azelastine (Astelin, Astepro, Dymista) • Olopatadine (Pataday, Patanase, Patanol) Oral antihistamines (can be in cold/flu/sleep medications) <ul style="list-style-type: none"> • Acrivastine (Semprex-D) • Brompheniramine (in combination products) • Carbinoxamine (Dimetapp, Palgic, Rondec) • Cetirizine (Zyrtec, Wal-Zyr, Allertec) • Chlorpheniramine (Chlor-Trimetron, Triaminic) • Clemastine (Tavist) • Desloratadine (Clarinex) • Diphenhydramine (Benadryl, Nyquil, may end in -PM) • Fexofenadine (Allegra, Allerfex) • Levocetirizine (Xyzal) • Loratadine (Alavert, Allerclear, Claritin) Motion sickness pills: <ul style="list-style-type: none"> • Cyclizine (Marezine, Nausicalm, Valoid) • Meclizine (Antivert, Bonine, Dramamine) Anti-nausea pills: Promethazine (Phenergan)
24 hrs	Anti-reflux medications (which are antihistamines) <ul style="list-style-type: none"> • Cimetidine (Tagamet) • Famotidine (Pepcid) • Ranitidine (Zantac)

What to Do on the Day of the Oral Challenge?

- Do **not** use albuterol (Proair, Proventil, Ventolin) or levalbuterol (Xopenex). However, if you/your child have acute asthma symptoms, **please use the rescue inhaler and then call the office** to see if rescheduling is necessary.
- If skin testing is being done, avoid one-piece outfits, so arms or back may be accessed.
- Wear comfortable clothing. Consider wearing short-sleeved or sleeveless tops.
- Please avoid eating a large meal at least 2 hours prior to the visit. You/your child may be permitted to eat about *1 hr after* the last challenge dose.
- You may bring *clear liquids* (Jell-O, fruit juices without pulp, water, iced tea, etc.) to ingest during the challenge. However, breastfeeding may continue as normal.
- Please bring activities to keep busy for approximately up to 2-4 hrs. Given the long duration for which you must remain in the exam room, your child will benefit from your individual attention, so consider arranging alternative care for siblings.



What Medication/Foods Should I Bring?

- For an Oral Challenge to a drug, your physician will let you know if you need a prescription and/or will need to bring the medication on the day of the challenge.
- **For an Oral Challenge to a food, you are responsible for bringing at least a serving size of the food to be challenged. Please bring several different options to appointment. We are only able to challenge to one type of food per challenge. Please bring the original packaging for the nutritional information and ingredients. Read carefully to avoid inclusion or cross-contamination of other foods to which you/your child may be allergic.**

FOOD TO BE CHALLENGED	EXAMPLES
Baked Cow's Milk	*Follow <u>one</u> of the recipes (in separate PDF)
Baked Egg	*Follow recipe (in separate PDF)
Cow's milk	<ul style="list-style-type: none"> • At least 8 oz of milk, yogurt – Plain or flavored • Small carton of ice cream
Crab or Shrimp	<ul style="list-style-type: none"> • At least 1-2 oz cooked food (prepared at home)
Egg	<ul style="list-style-type: none"> • 2 scrambled eggs (1 egg/container) • 2 slices of French toast (1 egg/slice)
Fish	<ul style="list-style-type: none"> • At least 1-2 oz fish prepared at home (not canned)
Peanuts	<ul style="list-style-type: none"> • Peanut butter (at least 2 tablespoons) • Reese's Pieces: 84 pieces (two 6 oz bags) • Reese's Peanut Butter Cups: 4 Cups (not minis) • Peanuts: at least 30 peanuts • Bamba: two 3.5 oz packages
Sesame	<ul style="list-style-type: none"> • Tahini (at least 1 oz) • <i>Sesame Snaps</i> (at least 8 candies)
Soy	<ul style="list-style-type: none"> • Soy butter (at least 2 tablespoons) • At least 8 oz of soy milk, yogurt
Sunflower seed	<ul style="list-style-type: none"> • Sunflower seeds (about 1/3 cup) • Sunflower seed butter (at least 2 tablespoons)
Tree nut	<ul style="list-style-type: none"> • At least 2 oz of roasted nuts • Nut butter: store-bought (i.e. Zinke Orchard almond butter) or homemade using food processor & may add vegetable oil, sugar/honey to taste
Wheat	<ul style="list-style-type: none"> • Wheat cereal, crackers, bread (at least 2-3 slices)

PLEASE CALL OUR OFFICE IF THERE ARE ANY QUESTIONS