

Oral Food Challenge Parent Guide

PLEASE NOTE:

If you cannot keep your scheduled food challenge appointment, please notify our office at least 48 hours in advance.

It is very important that you arrive on time. The challenge may be cancelled if you are late.

Due to clinic constraints, a maximum of two people may accompany the patient on the day of challenge.

This guide has been provided to answer questions you may have about the food challenge.

We cannot perform the challenge if:

The patient has any illness or allergy symptoms including fever, rash, eczema flare, hay fever, cough, wheezing, vomiting or diarrhea. Please call us so we can reschedule your appointment.

Please make sure to read the following material prior to the appointment.

MEDICALLY SUPERVISED FOOD CHALLENGE:

WHAT TO EXPECT

In Preparation:

The patient must be off the following medications that may interfere with the food challenge. Discuss with the doctor ahead of time, if this cannot be easily done:

STOP THE FOLLOWING MEDICATIONS (please call if the patient has problems stopping any of these medications easily):

7 Days Prior to the Appointment

STOP long-acting antihistamines:

Atarax (hydroxyzine)

Zyrtec (cetirizine)

Allegra (fexofenadine)

Claritin (loratadine)

Note: Most over-the-counter allergy, cold and cough medicines contain an antihistamine

ALERT the clinic if the patient has required antibiotics or oral corticosteroids in the past week, which may indicate a serious medical condition which may interfere with the oral food challenge

3 DAYS PRIOR to the Appointment

STOP short-acting antihistamines:

Benadryl (diphenhydramine)

12 HOURS PRIOR to the appointment:

STOP Asthma rescue medications such as Albuterol and Xopenex.

Note: If you/child needs any of these medications for an emergency or significant symptoms, please do not hesitate to use the medication. Contact us if any of these medications have been given.

DO NOT STOP THE FOLLOWING TREATMENTS:

Do NOT stop regular asthma therapy: Flovent (fluticasone), QVAR (beclomethasone), Pulmicort (budesonide), Asmanex (mometasone), Advair, Symbicort, Dulera

Do NOT stop Singulair (montelukast)

Do NOT stop nasal steroid sprays: Nasonex (mometasone), Flonase (fluticasone), Rhinocort (budesonide), Nasacort (triamcinolone)

PLEASE BRING THE PATIENT'S EPINEPHRINE AUTO-INJECTOR TO THE FOOD CHALLENGE APPOINTMENT
(eg EpiPen, Auvi-Q, or generic)

You will be responsible for bringing the "challenge" food. Please see the attached list for suggested "challenge" foods. Feel free to bring a favorite flavor or seasoning to make the challenge food more palatable (eg cinnamon, chocolate, ketchup).

We encourage you to bring any familiar utensils, toys or games to help your child feel more comfortable during his/her stay in the clinic. We do not have the capacity to do any "cooking" in our clinic, but we do have a safe microwave available to reheat foods that are brought in from home.

In addition to the "challenge" food, you may bring additional "safe" foods from home to be eaten after the challenge is complete. The nurse will advise when additional foods may be eaten on the day of the food challenge.

WHAT TO EXPECT: CHALLENGE PROCEDURE

It is best that the patient have nothing but sips of water for two hours prior to the challenge. Avoid, if possible, giving the patient anything to eat/drink for 4 hours prior to the challenge. If this is not practical, a small meal 2 hours prior is okay. Try to have the patient arrive hungry. If there is already food in the stomach, it may make it more difficult to eat the "challenge" food and may delay the absorption of the "challenge" food.

During the challenge, a regular serving of food (base on age) will be used.

The "challenge" food is eaten in small, increasing doses. The patient will be closely observed for any sign of an allergic reaction. Emergency medications to treat a reaction are immediately available, if needed.

It takes approximately 60-90 minutes to complete the feeding portion of the food challenge. The patient will then be observed for an additional 1-2 hours or more after eating the food. The food

challenge typically takes about 4-5 hours. If a reaction occurs, we may observe the patient for a longer period of time before discharge. We ask that you plan your day to ensure adequate time to remain at the clinic for observation if a reaction were to occur.

There is a lot of waiting involved in a food challenge. Bring enough activities to occupy the 4-5 hours of time. If you anticipate that your child will not cooperate with eating the "challenge" food, come with prizes or rewards to encourage your child to cooperate with each step of the challenge (there are usually 4-6 steps of the challenge).

Following the completion of the challenge, the physician will discuss the outcome with you before your child is discharged home.

"CHALLENGE" FOOD SUGGESTIONS

We ask that you provide the food your child is going to eat for the food challenge. If your child has other food allergies, please read the ingredient list carefully to ensure that the product is free from your child's other allergens.

PLEASE BRING ORIGINAL PACKAGING SO THAT INGREDIENT LABELS CAN BE REVIEWED BY OUR STAFF.

MILK CHALLENGE - Please choose one of the following foods for a milk challenge:

Milk (flavored or plain, any fat content) - 8 ounces

Yogurt (flavored or plain)- 8 ounces

Carnation non-fat powdered milk (bring some applesauce or other pureed food to mix it into)

*Please also bring what your child normally drinks (soy milk, rice milk or formula) as we may need to mix the milk with the previously accepted drink.

*Please do not bring ice cream if your child has any other food allergies, as ice cream often has other common food allergens in the ingredients (egg, nuts, egg, etc) or can be contaminated with other food allergens.

EGG CHALLENGE - Please choose one of the following foods for an egg challenge:

Scrambled egg - prepare 2 well-cooked eggs

French toast - Prepare with one slice of bread that is soaked with an entire egg. Cook well. It is usually helpful to also bring maple syrup.

* If your child has other food allergies, choose your ingredients and prepare your foods carefully. There are brands of milk-free, soy-free margarine and breads.

PEANUT CHALLENGE - Please choose one of the following foods for a peanut challenge:

Skippy or Jiff smooth peanut butter (not chunky)

Peanuts in the shell - shelled peanuts may have come in contact with tree nuts or other allergens. Do not bring shelled peanuts from an open bin, such as those you can buy at Whole Foods, Sprouts, or Jimbos.

Peanut flour or powder (with safe puree to mix it with)

*You can bring your child's favorite crackers or bread and jam to use with the peanut butter.

**If your child is under 5 years of age the challenge cannot be done with whole nuts due to choking risk, please bring nut butter.

TREE NUT CHALLENGE - Please choose one of the following foods for a tree nut challenge:

Nut butter (eg Kirkland or Barney's Butter for almond, Nutella for hazelnut (contains milk), etc). Make sure the nut butter does not have any warning statements regarding peanut or other tree nuts to which your child is allergic.

Choose your specific tree nut in the shell - shelled tree nuts may have come in contact with peanuts or other tree nuts. Tierra Farms, Sunshine Nuts and other brands process single nuts. Do not bring shelled tree nuts from an open bin, such as those you can buy at Whole Foods, etc.

Nut flour (with safe puree to mix it with)

*You can bring your child's favorite crackers or bread and jam to use with the nut butter.

WHEAT CHALLENGE - Please choose one of the following foods for a wheat challenge:

Arnold Stone Ground 100% Whole Wheat bread or Western Hearth Van de Kamp's whole wheat bread

Any product made with all-purpose wheat flour (muffin, cookie) as long as it does not contain any of your child's other allergens.

Cooked pasta if your child is not allergic to egg. Cooked Dececco brand if there is an egg allergy- read the label for egg ingredient or potential egg cross contact.

4. Cream of Wheat cereal (3 TBSP dry cereal cooked with water or milk, per package directions)

*These items have not had additional allergens in the past, but ingredients can change at any time.

Always check your product label with every purchase.

SOY CHALLENGE - Please choose one of the following foods for a soy challenge:

Soy butter

Soy Dream soy milk (found as a shelf-stable box)-8 ounces

Nasoya brand tofu

Cooked edamame

* If your child is allergic to milk, we cannot do the soy challenge with soy ice cream, soy yogurt or soy cheese. If using soy milk please also bring what your child normally drinks (rice milk or formula) as we may need to mix the milk with the previously accepted drink

SESAME CHALLENGE - Please choose the following food for a sesame challenge:

Tahini

*You can bring your child's favorite crackers or bread and jam to use with the tahini.

SUNFLOWER-

Sun Butter brand of sunflower seed butter may be used if your child is not avoiding soy.

Sunflower seeds (without shell)

MUSTARD

1. Please bring plain yellow prepared mustard and a favorite safe food to mix it in or serve it on.

SHRIMP

Packaged Frozen Shrimp (3-4 ounces cooked) - read the ingredients statement to ensure no added ingredients or possible cross-contact.

PORK

Oscar Meyer Bacon (3 ounces, approximately 3 slices) - cooked

Any cooked fresh pork product (3-4 ounces) - pork chop, tenderloin, pork cutlet- made with allowed ingredients

BEEF, CHICKEN, TURKEY, FISH -Please provide 3-4 ounces of fresh, cooked product prepared simply with allowed ingredients in a way your child might enjoy it.