TIDEWATER
ALLERGY & ASTHMA

Food Challenge Patient Information

Before the Challenge:

- **3-5 days before**, stop all anti-histamines
- **Continue** taking prescribed medicines, including asthma medicines and inhalers, eczema creams and ointments unless the allergy team tells you otherwise
- **Morning of the test**, eat a light breakfast. You should come hungry, but not starving.
- You must be free from fever, wheezing, or other significant illness.

Day of the Challenge:

- Please arrive 20 minutes early for your appointment to be sure we can start the challenge on time.
- Before the challenge, your physician or APP will examine you, particularly evaluating breathing and looking for any rashes. Your vital signs will also be evaluated.
- The challenge starts with a small serving of food
- On average, there will be 4-6 doses of gradually increasing amount of the food that will be given over about an hour. The goal is a standard serving size.
- After the last dose of food, you must stay in clinic to be watched, total time of at least 2 hours. This is to make sure that you do not have a reaction.
- All doses must be eaten within a certain amount of time, otherwise the challenge may need to be rescheduled.
- If you have a reaction, the challenge will be stopped and you will be treated for the reaction.
- If you tolerate a full serving of the food, you are then considered NOT allergic to that food.

What do you need to bring?

- Bring in the specific food for the challenge, as requested by the provider.
- Your Epinephrine device (**Epi-pen, Auvi-Q**, **Neffy**) for the car ride home. It is not common for reactions to occur on your ride home, however, it is important to be ready to treat them. If you do not bring the epi-pen or Auvi-Q on the day of the challenge, we may not be able to do the challenge that day.
- Water
- A snack or other foods you like that may help you eat the food being tested. For example, bring a favorite cracker if you are trying a nut butter or allergen-free frosting, or bring jelly if the challenge is a baked muffin.
- A safe snack for after the challenge
- Things to occupy yourself or your child.

What FOOD do you need to bring?

- As a reminder, you may want to bring more than one type of food in case you or your child does not like the food you bring
- Please bring food in the original, unopened containers, if applicable
- If the food is packaged, and you/your child has other food allergies, the food package needs to state that it is not made on the same equipment as other foods you or your child may be allergic to

Food	What to Bring
Egg	4 hard boiled and peeled eggs OR 4 scrambled eggs
Baked Egg	Baked egg muffin recipe
Cow's Milk	Bottle/carton non-fat Lactaid Milk
Baked Milk	Baked milk muffin recipe
Soy	10 ounces of vanilla soy milk OR jar of soy nut butter OR package of cooked edamame
Peanuts or Tree Nuts	2 cups of unshelled peanuts or tree nuts OR peanut or individual nut butter
Mixed Tree Nuts (must get permission from Dr. Owens)	Mixed nut butter (Target's Good and Gather)
Legumes and Vegetable	2 cups chopped, washed, and uncooked
Fruits	1 cup chopped, washed, and uncooked
Grains	2 cups cooked (pasta, cream of wheat, etc.) Ensure food contains nothing but the grain to be challenged OR 1 cup uncooked (rice cake, etc)
Meats and Fish	4 ounces, cut into small pieces; cooked without spices except for salt, if desired

After the Challenge

- You should have no problems after you are home. Although rare, it is possible that you could have a late onset or delayed reaction. Contact our office if you have any issues.
- Results- If you did not have symptoms of an allergic reaction during your challenge:
    - You will pass!
    - We will remove the allergy designation in your chart!
    - You will be able to eat the food as part of your normal diet!

Questions?

- To help avoid unexpected surprises, it may be helpful to check with your insurance company to determine coverage for your food challenge. The CPT Codes (Procedure Codes) your insurance company may ask you for are: 95076 (first two hours) and 95079 (each additional hour, as needed)
- **If you have any questions, please call our office at 757-499-4101**