

Patient Oral Food Challenge Information:

- **Please discontinue any oral antihistamines 5 days prior to appointment. (Zyrtec, Allegra, Xyzal, Benadryl).**
- A food challenge usually takes 2-6 hours to perform, 2-3 hours on average, but may take significantly longer depending on individual circumstances. Please plan accordingly.
- Once the challenge is underway you will be required to stay in the exam room. You may wish to bring an activity with you, as well as water to drink.
- You can leave the exam room to use the restroom.
- The challenge is best performed on an empty stomach. A light meal may be eaten if necessary, at least one hour prior to the visit. 1/2 usual breakfast for example.
- You may need to bring the food for which the challenge is being conducted to the visit. Check with us prior to the challenge to determine if this is necessary, and how the food should be prepared (cooked, raw, canned, etc.)
- Clams, lobster, crab, etc. need to be deshelled. The food should not be mixed with other foods, spices, sauces, etc. We may ask you to bring a “masking” food, especially with younger children, to reduce taste aversion (mashed potatoes, apple sauce, yogurt). A masking food must be a food that is currently tolerated.
- Please call if you are sick or have had a fever within 24 hours of your challenge or have symptoms that mimic allergy symptoms, such as upper respiratory infection, hives/rash, or active asthma.
- Please bring EpiPen with you if you have one.