

# Food Challenge

Please bring the food to be tested for your child. Please be on time for your appointment. A delay in starting will delay your departure in the afternoon.

## Before the challenge begins

A provider will perform an examination with particular attention to the lungs and skin. If we do not feel that your child is well enough to safely participate in the challenge, we will reschedule the challenge.

## At the start of the challenge

A small amount of the food will be given to your child. Approximately every 20 minutes, an increasing amount of the food will be given. If your child has a reaction, the challenge is stopped and your child is considered allergic to that food. If your child can tolerate a full serving of the food, the challenge is stopped and your child is considered **not** allergic to that food.

## After the last dose of food

Your child needs to be observed for any reaction for at least 30 to 60 minutes after the last dose of food. You can expect to be in our office until approximately noon. Children who experience a significant reaction may be observed for a longer duration of time. If necessary, symptoms occurring during the challenge will be treated in the office. In the rare case of an emergency, your child can be taken to the Emergency Department.

## For more information

If you have any questions or concerns about the food challenge, please call us at 317-708-2839.

# Preparing for your child's food challenge

## Do not give

- Antihistamine medicines like *ALLEGRA*, *BENADRYL*, *CLARITIN*, *ZYRTEC*, etc. for 7 days before the challenge. See our full list of antihistamine medicines to avoid
- Albuterol inhaler (*PROVENTIL*, *VENTOLIN*, *PROAIR*) on the morning of the challenge only
- Combination medicines, e.g., *NYQUIL* medicine and many over the counter cough and cold preparations for 72 hours (three days). Many of these contain antihistamines.

## Do give

Your child's **usual daily maintenance medicines**, e.g., *FLOVENT*, *SINGULAIR*, *SYMBICORT* and *nasal sprays*.

Please call us:

- **If you are not sure about the medicines your child is taking.**
- If your child is sick. If your child has a fever, coughing and/or wheezing, eczema flare or GI symptoms, the food challenge cannot be done. If your child has these symptoms, please call us to reschedule 317-708-2839.

## Food and liquids before the challenge

Your child may have a light meal on the day of the challenge containing only foods they are known to tolerate well. During the test, you may give your child clear liquids only. If your child is breastfeeding, you may continue to breastfeed your child.

- Clear liquids include: water, apple juice, fruit juices with no pulp, iced tea, *GATORADE* drink, *JELL-O* gelatin, POPSICLES or water ice without fruit chunks.
- **The following are NOT clear liquids:** milk, formula, orange juice, soda and hot cocoa. Please ask about any food or drink not mentioned on this list.

## What to bring to the food challenge

### Food for the challenge

- EGG - 2 scrambled egg prepared without butter or oil
- MILK - 1 pint whole milk or formula
- SOY - 1 pint of soy milk or soy formula
- PEANUT - 2 ounces of peanut butter.

You may be required to bring another food that is not listed above, if you have any questions about what to bring please call 317-708-2839.

### Clear liquids

Please **bring clear liquids** for your child to drink during the food challenge. Juice boxes, *JELL-O* gelatin and other clear liquids listed above are good choices.

## Other things to bring

### Toys

You and your child will be here for several hours. Favorite toys, books, etc., will help you and your child stay occupied.

### Change of clothing

For you and your child in case of vomiting.

### Siblings

It is best if you can arrange to spend the day with just the child being tested. Space is limited and your child will benefit from your individual attention.