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In order to perform a food challenge, the individual must be otherwise healthy (i.e. no rash, no itching, no ongoing respiratory symptoms, no colds, etc.) We must be able to detect worsening during the challenge, and thus need to start with a normal, healthy baseline.

DO continue usual medications such as maintenance inhalers for asthma; Singulair (montelukast) can also be continued.

BUT HOLD antihistamines for 7 days prior to the scheduled food challenge (i.e. allegra, zytrec, claritin, etc).

What to bring:

1. Food for the challenge.
 - a. Scrambled eggs (at least 2) with minimal butter/salt.
 - b. Cow's milk - at least 2 cups
 - c. Soy milk - at least 2 cups
 - d. Peanut or tree nuts - bring jar of butter form
 - e. For specific information about bringing baked items containing either egg or milk, please see attached sheet.
2. A drink - clear liquids such as apple juice, water, gatorade, etc. but not milk, soda, orange juice
3. A bland snack ie. crackers
4. Entertainment options to distract and help keep occupied.
5. It is best NOT to bring siblings as the focus needs to be on the child undergoing the challenge.

Your child may have a light meal or snack prior to the challenge, but only foods known to be tolerated. Remember, your child has to be willing to participate in the challenge, so may need to be slightly hungry.

A tiny amount of the food will be given to your child, and that amount will increase every 15-30 minutes assuming ongoing tolerance. You will need to immediately alert staff of any changes that may indicate a problem or reaction. Food challenges can take up to 4 hours.

If you have any questions at all, please call us.