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Oral Food Challenge

Food Allergy is a condition where your body is sensitized to a food for which you are at risk for developing an allergic reaction. The reactions can be mild such as rash, runny nose or itchy eyes or more severe such as anaphylaxis which is a full body, severe allergic reaction that can be life threatening. Food intolerances ARE NOT food allergies. Intolerances are reactions that do not increase your risk for anaphylaxis. There is no testing available for food intolerances (eg Lactose Intolerance)

The most common food allergens include milk, egg, wheat, soy, peanuts, tree nuts (almond, walnut, pecan, hazelnut, pistachio, etc) in children and peanuts, tree nuts (almond, walnut, pecan, hazelnut, pistachio, etc), seafood, shellfish in adults. Most children will outgrow milk, egg, wheat and soy allergies.

Method of testing: Your physician will take a detailed history of your reactions followed by skin or blood testing if it is appropriate. If testing predicts a low likelihood for an allergic reaction, an in-office oral food challenge may be offered for a particular food to more definitely diagnose a food allergy. In some cases, highly cooked versions of a particular food (milk and/or egg) may be performed to see if they can be tolerated. Ingestion of such foods over time may aid in shortening the course of outgrowing milk/egg allergies.

- During an oral food challenge, very small amounts of the suspected food is given to the patient to eat in the office, under close observation, increasing in amount slowly until a sufficient amount has been eaten.
- If any reactions develop the challenge will be stopped, the patient treated for the reaction, and the patient will be diagnosed as being allergic.
- Usually, if the patient is able to tolerate the entire amount without any reaction, they are considered to be non-allergic to that form of the food and should be safe to consume that food thereafter at home.

Preparation for the test:

- Do not eat the test food for 2 weeks prior to the challenge
- Do not eat or drink anything prior to the challenge (most performed early morning)
- Plan on being in the office for at least 3 hours. After the last ingestion, most patients will be monitored for at least 1 hour.
- YOU MUST BE OFF OF ALL ANTIHISTAMINES FOR TESTING:



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Alavert	Off 5 Days	Patanase Nasal Spray	Off 2 Days
Allegra & Allegra D (Fexofenadine)	Off 5 Days	Rynatan	Off 2 Days
Astelin Nasal Spray (Azelastine)	Off 2 Days	Simply Sleep	Off 2 Days
Astepro Nasal Spray	Off 2 Days	Tussi - 12	Off 2 Days
Benadryl (Diphenhydramine HCL)	Off 2 Days	Xyzal (Levocetirizine)	Off 7 Days
Claritin & Claritin D (Loratadine)	Off 5 Days	Zatidor (Ketotifen)	Off 2 Days
Clarinex	Off 7 Days	Zyrtec (Cetirizine)	Off 5 Days
Pataday Eye Drops	Off 2 Days	*All PM Medications* contain Benadryl	Off 2 Day

PLEASE CONTACT THE OFFICE PRIOR TO THE APPOINTMENT IF YOU ARE ILL AS IT MAY NOT BE SAFE TO UNDERGO THE CHALLENGE.