

Oral Food Challenge

Procedure: A food challenge is done by giving the patient small quantities of the challenge food every 15-20 minutes until a full serving is consumed. The patient will be monitored carefully throughout the challenge and if an allergic reaction does occur, the challenge will be stopped and treatment provided. A food challenge can take three to five hours depending on the food to be challenged and how cooperative the patient (child) is.

Benefits: Food challenge is the most accurate test available to diagnosis food allergy and sensitivity.

Risks: Allergic reactions (from mild to severe) may occur.

Consider postponing the OFC if the patient has any of the following:

- Concurrent illness, fever, or active respiratory symptoms (ie, wheeze or cough).
- Poorly controlled asthma, eczema or allergic rhinitis.
- Used a short acting B-agonist within the preceding 48 hours for cough or wheeze.
- Unable to discontinue anti-histamine.

Instructions: To perform the food challenge correctly, please observe the following guidelines:

1. **NO Anti-histamines** should be given for three days prior to challenge (i.e. Zyrtec, Claritin, Benadryl).
2. **NO food ingestion** for 3 hours prior to procedure. IF necessary, a light, half-meal may be given two hours prior.
3. If the patient is ill, wheezing, or on antibiotics then please call to reschedule.
4. Please **bring a full serving of the appropriate challenge food with you**. You may want to consider bring multiple options of the food in case your child refuses to eat something. We do not have the capacity to do any “cooking” in clinic, but we do have a safe microwave available to reheat foods that are brought in from home. Also bring safe snacks / drinks for your child to eat after the challenge, during the observation period.
5. Bring a change of clothes (in case of vomiting).
6. Please **bring your epinephrine auto-injector** (ie. EpiPen, Auvi-Q) with you to the office.

If your child has a favorite book, toy or video game please bring it with you to help pass the time.