

## Northeast Asthma, Allergy & Immunology

### Food Challenge Information

- 1) Please bring the food in question for the challenge in an unopened form. See list below. For baked milk or baked egg, see attached recipes. Note that one recipe is for baked MILK and the other for baked EGG.
- 2) Be sure to bring your Epi-Pen or Auvi-Q set with you and show the nurse when you arrive. We cannot challenge without it and we cannot wait for it to be picked up at a pharmacy.
- 3) Do not give your child any antihistamines for 7 days before the challenge. Be careful about some cold medicines that have antihistamines in them.
- 4) Please arrive exactly at 9:00. This procedure typically takes 3 hours when it goes well. We cannot start late.
- 5) Bring something that will entertain your child while they wait between increments of food.
- 6) There is always a possibility of an allergic reaction to the food being challenged. If warranted, epinephrine may be given, in which case the patient needs to stay here for several hours afterward. Please arrange for child care for other children so you can stay if need be. In the unlikely event that a second dose of epinephrine is needed, your child will be sent to the Emergency Room by ambulance with you.

### Food list

Peanut: Peanut Butter: Skippy All Natural Smooth, unopened.

Almond: Almond butter that does not say anything about peanut on the label (ie., Barney Butter brand)

Tree Nuts: Bag of nuts with shells removed, not mixed with other nuts

Milk: At least 8 oz or more of whole milk, plus chocolate milk as back up (should not show child)

Soy: At least 8 oz or more of soy milk, soy nut butter (unopened jar without nuts on ingredient list)

Eggs: One hard-boiled egg, shell removed, PLUS one scrambled egg made in oil that child tolerates. Do not add any milk or anything else.

Wheat: Plain whole wheat bread, 4 slices or 10 oz. whole wheat pasta or 10 whole wheat crackers.

Baked Egg or Baked Milk: Follow attached recipe carefully.

Fish: 10 teaspoons

Shellfish: 8 shrimp (normal size); Other: 10 teaspoons