Oral Food Challenge

Your child is scheduled for an oral food challenge on

_____/_____/_____ at _______ o’clock.

This is a procedure that is done in the Allergy, Asthma and Immunology Clinic. This procedure involves giving your child increased amounts of the food he may be allergic to every 15 minutes. During this time your child is closely monitored for any reaction to the food. The allergy nurses taking care of your child will give you further detail and answer any questions on the day of the procedure.

This procedure is scheduled early in the morning. You should expect to be in the clinic for at least half the day. This could be longer if your child has a reaction. Admission to the hospital may be necessary, if there is a severe allergic reaction during the procedure.

The challenge will take place in a clinic room where there is VCR/DVD player available. Please bring activities or movies to help pass the time. As the clinic room is limited in space, we ask that only parents/guardians be with the child during the food challenge. Please make arrangement for your other children. Do not bring them to the clinic appointment.

ONE WEEK BEFORE THE FOOD CHALLENGE:

Do not give any antihistamine (allergy medicine) to your child for one week before the food challenge. These medications include cetirizine (Zyrtec®), loratadine (Claritin®), fexofenadine (Allegra®), or diphenhydramine (Benadryl®). If you are uncertain about a medication, please call the Allergy Clinic to check. Asthma medications should not be stopped.

Stop giving your child’s antihistamine on _____/_____/_____

ON THE DAY OF THE FOOD CHALLENGE:

- Bring the food to be challenged (i.e.: milk, soymilk, egg, peanut butter, etc). Food can be warmed or refrigerated in the clinic as needed.
  ** For an egg challenge, scramble two eggs without any added milk or butter in a non-stick skillet.

- Your child should not have breakfast in the morning of the challenge. Please do not bring other food to the appointment. The child will be hungry, but can not eat any other food except what is being challenged that day. Your child may drink water.
Your child needs to be in good health the day of the food challenge appointment. If your child is ill, call the Allergy Clinic to reschedule the appointment.

**Bring your child’s Epi Pen® that has been prescribed by your child’s doctor to the food challenge appointment.**

**If you have any questions before the food challenge appointment, please call the Children's Mercy Allergy Clinic where your child is to have the oral food challenge.**

- Children's Mercy Hospital: (816) 234-1600
- Children's Mercy South: (913) 696-8220
- Children's Mercy Northland: (816) 413-2500