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## Food Challenge Preparation and Information

- 1) Please bring the food for challenge with you. See list below for preparation and details.
- 2) Please do not bring in other foods for you or your child to eat during challenge.
- 3) You must bring your Epi-Pen or Auvi-Q kit to this appointment and show the nurse when you arrive.
- 4) Avoid antihistamines for 7 days before the challenge. Be aware that some cough and cold medicines have antihistamines in them. Call ahead with any questions.
- 5) Be on time for your appointment. This procedure typically can take 2-3 hours so plan your time accordingly.
- 6) Do bring books, a game or other items that will entertain your child while they wait between increments of food. We have a small selection of children's movies on DVD available.
- 7) There is always a possibility of an allergic reaction to the food being challenged. If warranted, Benadryl or epinephrine may be given which could extend the visit.

### What to bring for challenge testing:

**Peanut Butter:** Provided by our office.

**Almond:** Almond butter that does not say anything about peanut on the label

**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

**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 two scrambled eggs made in oil that child tolerates. Do not add any milk or butter.

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

**Fish:** one regular serving approx.: 6 ounces

**Shellfish:** 8 shrimp large (31-35 count per pound); 8 clams or oysters or mussels; 2 lobster tails

**Baked good (for baked milk or egg challenge):** 3 regular muffins or cupcakes

*For other foods, please call and speak to our clinical staff.*