Ferrell-Duncan Clinic Allergy/Immunology

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**Oral Food Challenge Patient Instructions**

In order to help evaluate a food allergy, an oral food challenge may be indicated. This will involve eating a particular food in small increasing amounts under the direct supervision of an allergist. Only one food can be tested per visit. Schedule an appointment at the beginning of the day and at least 2 weeks after the last ingestion of the food in question. If more than one challenge is needed, they should be scheduled at least 2 weeks apart.

The following instructions are necessary for the best results:

1. Bring EpiPen 2 pack to your appointment.
2. Avoid any anti-histamines for at least 5 days prior to testing. Review all current medications with medical personnel prior to testing.
3. No injections or new medications for 24 hours prior to or after the food challenge.
4. Please bring the approximate amount of food to be tested:
   1. Egg – 2 scrambled eggs without dairy products added in a closed container.
   2. Peanut – 1 cup smooth all natural peanut butter (without additives).
   3. Wheat – 2 cups of regular Cream of WheatTM, cooked without dairy.
   4. Soy – 2 cups of soy infant formula or soy milk without flavoring.
   5. Milk – 2 cups.
   6. Other – per doctor instructions, usually 2 cups or more than a usual customary serving.
5. Testing may last 3-4 hours.

It is okay to eat your normal diet prior to testing. Please bring some activities to occupy your time and wear comfortable clothing.

If the patient has been ill (including increased skin problems) within two weeks prior to testing, please notify us at the time of scheduling. If an illness begins after the test is scheduled, call the office prior to the appointment to assure that testing will continue. Please stay locally for at least 24 hours following a food challenge.

All testing is done in a controlled setting, specifically designed for specialty procedures with safety measures available for adverse reactions.

Your cooperation in observing the above instructions is necessary and will ensure timely, accurate results.

**Follow up instructions:**

1. Have anti-histamines on hand at home, such as Benadryl (diphenhydramine).
2. Report any adverse reactions to our office immediately (417) 875-3742.