

Food Challenge Instructions

- **STOP taking all antihistamine medications 7 days prior to challenge appointment.** Refer to our website for full list
- Please allow at least 3 hours for this appointment
- Please bring the food to be challenged in a closed box/container and in **original packaging, unopened**
- Food challenge appointments will be held first thing in the morning
- The patient to be challenged should NOT eat breakfast the morning of the test
- Please bring things to entertain yourself or your child, as the appointment takes about 3 hours
- You may bring other food, for example crackers, bread, or pudding for you/your child to eat during the challenge, as long as it's something that you/your child have eaten before without any reaction

Foods to bring:

Egg: Please make at home and bring to the appointment one of the following:

- 2 large scrambled eggs prepared with water only
- 2 hard boiled eggs
- French Toast: 1 slice bread soaked in 1 FULL egg

Milk:

- Bring 12 ounces of white milk, unflavored
- Yogurt: 12 ounces. It can be flavored as long as the flavor has been tolerated in the past

Baked Milk OR Baked Egg:

- See our website recipe for muffins to prepare at home
- Bake according to recipe. Bring at least 4 muffins.

Peanut:

- Peanut Butter- One jar (16 ounces)
- Patients over 10 years of age, 2 ounces of whole peanuts may be brought in (*Mixed nuts are NOT acceptable*)

Tree Nuts:

- 6 ounces of the tree nut to be challenged, unopened.
- Patients over 10 years of age, 2 ounces of whole tree nuts to be challenged may be brought in (*Mixed nuts are NOT acceptable*)
- See attached for other acceptable tree nut products

Soy:

- Soy milk – 12 ounces of unflavored soy milk
- Soy nut butter – One jar (16 ounces)
- Soy yogurt – 12 ounces. It can be flavored as long as the flavor has been tolerated in the past.

Wheat:

- 3 slices of whole wheat bread or 10 whole wheat crackers.

Seafood: Seafood must be steamed or boiled, but NOT fried. May only be cooked with flavoring, oils, sauces, or seasonings that have been previously tolerated

- Shrimp – 6 large shrimp
- Lobster, Crab, Scallops, Clams – 2 ounces
- Finned Fish- 2-3 ounces of cooked fish