

# Atlantic Allergy & Asthma Center, P.C.

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## Food Challenge Instructions

Please bring the food to be tested into our office (see the back of this page for specifics). Please be on time for your appointment. A delay in starting will delay your departure in the afternoon or may result in your appointment cancellation. You will be here for at least 4 hours.

A practitioner will examine the patient. If we do not feel that the patient is well enough to safely participate in the challenge, we will reschedule the challenge. Please do not ingest any foods or liquids after midnight of the night before the challenge.

### What to expect during the food challenge

A small amount of the food will be given to the patient. Approximately every 20 minutes, an increasing amount of the food will be given. If the patient has a reaction, the challenge is stopped and the patient will be considered allergic to that food. If the patient can tolerate a full serving of the food, the challenge is stopped and the patient will be considered **not** allergic to that food.

The patient will need to be observed for any late-phase reaction for about one and a half hours after the last dose of food. You can expect to be here from 9 a.m. until approximately 2 p.m. to 3 p.m. Patients who experience a significant reaction may be observed for an additional four hours or more. If necessary, symptoms occurring during the challenge will be treated in the office. In an emergency, the patient will be taken to the Hospital's Emergency Department.

If you have any questions or concerns about the food challenge, please call us at 653-6676

### Preparing for your food challenge

The following must be **stopped before** the Food Challenge:

8 hours prior to the test: Short-acting bronchodilators, such as:

- •albuterol (Proventil®, Ventolin®, Proair)
- •levalbuterol (Xopenex®)
- •pirbuterol (Maxair®)
- •terbutaline (Brethair, Brethine®)

72 hours prior to the test: antihistamines, such as:

- •cetirizine (Zytrec®)
- •fexofenadine (Allegra®)
- •loratadine (Claritin®)
- •Levocetirizine(Xyza®)
- •Benadryl
- •Atarax (Hydroxyzine)
- •Patanase nasal spray®
- •Astelin(Azelastine) nasal spray
- •Dymista Nasal Spray®
- •OTC "cough" and "cold" medications
- •All allergy nasal sprays

7 Days prior to the test:

- •No Prednisone 7 days prior to the test

**The Following medications SHOULD NOT be stopped prior to the food challenge:**

Your **daily asthma maintenance medicines, e.g., ADVAIR, FLOVENT, DULERA, ASMANEX, SYMBICORT, QVAR, AND SINGULAIR** – as well as any other steroid asthma medication

- **If you are not sure about the medicines you or your child is taking, please call our office**
- If the patient is sick or if the patient has a fever, asthma flare (coughing and/or wheezing), eczema flare or GI symptoms, the food challenge cannot be done. If the patient has these symptoms, please call us to reschedule 653-6676.

**Food and liquids before the challenge**

The patient may not have anything to eat or drink from midnight the night before the test until the test begins. That means no breakfast the morning of the test. The patient may have water only.

**What to bring to the food challenge**

**Food for the challenge**

- 2 hard-boiled eggs
  - 1 pint of *un-opened* whole milk or *un-opened* formula
  - 1 pint of *un-opened* soy milk or *un-opened* soy formula
  - Regular un-salted Peanuts
  - If shellfish, the product must be out of the shell (i.e. lump crab meat, lobster chunks, de-boned fish etc.)
  - If necessary, please bring your own manual can opener (we do not have one)
  - Other: \_\_\_\_\_
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You may be required to bring another food that is not listed above. If you are unclear what food product to bring, please contact our office prior to the challenge visit.

**Other things to bring:**

Water to drink during the challenge:

Please bring about 32 ounces of water for the patient to drink during the food challenge.

Toys

You and possibly your child will be here for several hours. Favorite toys, books, etc., will help you and your child stay occupied.

Change of clothing

For you and your child in case of vomiting.

Siblings

It is best if you can arrange to spend the day with just the child being tested. Space is limited and your child will benefit from your individual attention.