Food Challenge Guide



Get ready for your oral food challenge! This guide covers preparation, what to expect, and how to make the day easier.

1



Before Challenge

Stop antihistamines 3-5 days before. Do not stop your asthma medication.Review what foods to bring and prepare snacks. Pack a change of clothes if clothes are soiled.

2

What to Bring

Bring entertainment like books and toys and iPads. Also bring safe snacks, a change of clothes, and any comfort items. Foods that your child enjoys that can mask the allergen.



3



During Challenge

Expect increasing doses of the allergen every 15-30 minutes, close supervision, and possible reactions. Emergency medications are available if needed.

4

Food Examples

Please bring the allergen for your challenge:
Cupcakes or Flapjacks(recipe provided with egg and milk),eggs (2 hard boiled eggs), raw egg challenge (2 raw eggs) fish,prawn (60g), nuts, and sesame will be provided by the clinic



Challenge Success

Prepare well, know what to expect, and bring distractions. The allergy clinic team is there to help!