Food challenge begins:
- Food is given in
- Increasing amounts
- Vitals are obtained before each new dose
- Total food doses: 4-6
- Goal: provide total of 1 tbsp of dry food or ½ cup of “wet food” during challenge
- Wait time after providing food: 1-1.5 hours
- If no reactions M.D. will perform exit exam and discharge you in **10-15 minutes**.
- Any reactions occurring during challenge might require treatment and/or increased duration of stay.
- If no reactions M.D. will perform exit exam and discharge you in **10-15 minutes**.
- Any reactions occurring during challenge might require treatment and/or increased duration of stay.

**Please Note:**
- Be prepared to remain at the Center for **four to five hours**
- Stop using over-the-counter antihistamines (Alavert®, Benadryl®, Claritin®, Dramamine®, Tavist®, TYLENOL® Allergy, TYLENOL® PM), for **four days** prior to testing
- Stop using prescription antihistamines (Allegra®, Antivert®, Atarax®, Clarinex®, Periactin®, SEMPREX® D, VISTREL®, ZYRTEC®) **one week** prior to testing
- Light breakfast should be eaten before challenge (i.e. toast, hot or cold cereal, and fruit)
- Avoid foods to which you showed past sensitivity
- Wear comfortable clothing and bring work or reading material to occupy your time
- If this food challenge is for a child, a parent or guardian needs to accompany him/her at all times
- If you are unsure of whether you can take other medication before the challenge, please call
- We will call to confirm the appointment. If you cannot keep the appointment, or have any other questions, please call 201-996-2065. You will be charged for the food purchased and missed appointment

No reaction? Plan developed to slowly add in tested food
- If reaction is seen, food avoidance remains an essential part of lifestyle change