ORAL CHALLENGE

This test consists of ingesting a food or chemical in increasing doses over time. If no response is found after the initial dose, increasing amounts are given until a reaction occurs or the recommended maximum dose is achieved. The test takes approximately 3 hours to complete. This will also depend on the nature and the amount of the substance being ingested. Patients must remain in the office 2 hours after their last ingestion.

A nurse and doctor who are trained in this procedure will conduct the test and will closely monitor my child/myself during the challenge.

The test is done in a manner which controls and minimizes the amount of reaction that the patient experiences. These side effects can be readily reversed with antihistamines and epinephrine if necessary. There exists a possibility of causing a more severe allergic reaction during this test. These allergic reactions may include, but are not limited to swelling, itching, hives, asthma, wheezing, a severe drop in blood pressure, anaphylaxis (severe allergic reaction) and death. Every effort will be made to avoid a severe allergic reaction by close monitoring during the challenge. Emergency equipment is available and trained personnel have my consent to institute necessary, appropriate measures if needed. There are no other known side effects or long-term problems with the test.

PREPARATORY MEASURES

1. A copy of the informed consent must be signed by the patient/parent/or guardian.
2. The patient will come at 08:00 AM on the day of the challenge after an overnight fast.
3. A baseline spirometry will be measured. If the spirometry (a way of measuring lung function) is less than 80% of predicted, the oral challenge will be withheld until the spirometry rises to that level.
4. An IV will be placed for 2 reasons:
   a) To facilitate obtaining blood samples if needed.
   b) In case there is a severe allergic reaction, medications can be given through the IV.
5. Patients must be off all antihistamines for 4 days, Beta agonist drugs for 12 hours, Theophylline for 12 hours and Cromolyn for 12 hours. Please inform the physician and nurse if you are taking Beta-blockers for your heart or in your eyes for glaucoma. These medications can make the challenge very dangerous!
ORAL CHALLENGE

This test consists of ingesting a food or chemical in increasing doses over time. If no response is found after the initial dose, increasing amounts are given until a reaction occurs or the recommended maximum dose is achieved. The test takes approximately 3 hours to complete (times are variable).

A registered nurse and doctor who are trained in this procedure will conduct the test and will closely monitor you during the challenge.

The test is done in a manner which controls and minimizes the amount of reaction that the patient experiences. These side effects can be readily reversed with antihistamines and epinephrine if necessary. **There exists a possibility of causing a more severe allergic reaction during this test. These allergic reactions may include, but are not limited to swelling, itching, hives, asthma, wheezing, a severe drop in blood pressure, anaphylaxis (severe allergic reaction) and death.** Every effort will be made to avoid a severe allergic reaction by close monitoring during the challenge. Emergency equipment is available to institute if necessary, appropriate measures if needed. There are no other known side effects or long-term problems with the test.

PREPARATORY MEASURES

1. A copy of the informed consent **must** be signed by the patient/parent/or guardian.
2. Come in at 08:00 AM on the day of the challenge and you will be in the office for 6 hours (on average).
3. A baseline spirometry will be measured. If the spirometry (a way of measuring lung function) is less than 80% of predicted, the oral challenge will be withheld until the spirometry rises to that level.
4. **Patients must be off all antihistamines for 5-7 days. Please inform the physician and nurse if you are taking Beta-blockers for your heart or your eyes for glaucoma. These medications can interfere with the procedure!**