

# TEXAS REGIONAL ASTHMA AND ALLERGY CENTER, L.L.P.

*Board Certified specialists in allergy, asthma, immunology, and respiratory disorders*

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## 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!**