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## What is an oral food challenge?

An oral food challenge (OFC) is a test completed in our clinic where your child will slowly eat a food in front of the allergy team. This helps the team decide whether or not your child has a food allergy. Our team will watch your child for allergic symptoms as your child eats the food. An oral food challenge is the best way to diagnosis a food allergy.

## Why does my child need it?

An OFC may be advised if:

- Your child had positive allergy tests in the past.
- Your child's past symptoms make it hard to know if your child has an allergy.
- Your child's allergy skin test or blood tests did not conclude whether or not there is an allergy.
- Your child may have outgrown their food allergy.

## Why is it helpful?

Your child will be able to eat the food again if they do not have allergic symptoms during the test. This will allow your child to expand their diet. It may also be helpful in social situations like school. If your child has symptoms, you will know to continue to avoid that food.

## What are the risks?

The risks of an OFC are an allergic reaction or anaphylaxis. These symptoms include:

- Hives or rash
- Trouble breathing or wheezing
- Swelling
- Stomach pain, nausea or vomiting

Our team will treat your child with medicines if they have an allergic reaction.

## How should I prepare?

- Your child must be healthy on the day of the test. Please call to reschedule if your child is sick.
- Your visit can last up to 4 hours. The clinic has TVs for children to watch, but you may bring toys, books or homework for distraction.
- Your child's asthma, atopic dermatitis (eczema) and allergic rhinitis (runny nose) should be well controlled on the day of the test.
- Your child must stop taking antihistamine medicines 7 days before their visit. This includes:
  - Benadryl (diphenhydramine)
  - Zyrtec (cetirizine)

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Oral food challenge, continued

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- Claritin (loratadine)
- Atarax (hydroxyzine)
- Astelin (azelastine)
- Allegra (fexofenadine)

## What should I bring?

It is important to bring your child's epinephrine auto-injectors (EpiPen, Auvi-Q or Adrenaclick) to the visit. This is so you have them for the trip to our clinic and back home.

Also bring at least 2 serving sizes of the challenge food with you. Some options are listed in the table below and on page 3.

- Please read food labels to make sure they do not include other things your child cannot eat.
- You can bring something to mix the food into like a sauce, dip or yogurt if you feel it will help your child eat it.
- You may bring your child's favorite plate, bowl and utensils if desired.

Challenge food	Foods options to bring
Wheat	<ul style="list-style-type: none"><li>• Baby cereal</li><li>• Bread</li><li>• Pasta</li></ul>
Milk	<ul style="list-style-type: none"><li>• Yogurt</li><li>• Milk</li></ul>
Baked milk	<ul style="list-style-type: none"><li>• Ask for a muffin recipe</li></ul>
Egg	<ul style="list-style-type: none"><li>• Scrambled or hard-boiled egg</li><li>• French toast</li></ul>
Baked egg	<ul style="list-style-type: none"><li>• Ask for a muffin recipe</li><li>• Lil Mixin's Baked Egg powder</li></ul>
Peanut	<ul style="list-style-type: none"><li>• Bamba snacks</li><li>• PB2</li><li>• Skippy peanut butter</li><li>• Jif peanut butter</li><li>• Crazy Richards peanut butter</li></ul>

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## Oral food challenge, continued

Challenge food	Foods options to bring
Almond	<ul style="list-style-type: none"> <li>• Barneys Almond Butter</li> <li>• NaturAlmond</li> <li>• Almond milk</li> </ul>
Hazelnut (can crush, blend or mix)	<ul style="list-style-type: none"> <li>• Nutella (if tolerates milk)</li> <li>• Chopped or whole hazelnuts</li> </ul>
Pistachio (can crush, blend or mix)	<ul style="list-style-type: none"> <li>• Wonderful brand</li> <li>• Pistachio Factory brand</li> </ul>
Cashews (can crush, blend or mix)	<ul style="list-style-type: none"> <li>• Sunshine brand</li> <li>• Maisie Jane's cashew butter</li> </ul>
Sesame	<ul style="list-style-type: none"> <li>• Tahini</li> </ul>
Walnut (can crush, blend or mix)	<ul style="list-style-type: none"> <li>• Fillmore Farms brand</li> <li>• Derby brand</li> <li>• Crazy Go Nuts brand</li> </ul>
Pecan (can crush, blend or mix)	<ul style="list-style-type: none"> <li>• Pearson Farm brand</li> <li>• Purely Pecans brand</li> </ul>
Macadamia nut	<ul style="list-style-type: none"> <li>• Hamakua brand</li> </ul>
Pine nut	<ul style="list-style-type: none"> <li>• Wholesalepinenuts.com</li> </ul>
Sunflower seeds	<ul style="list-style-type: none"> <li>• Sunbutter</li> </ul>
Soy	<ul style="list-style-type: none"> <li>• Tofu</li> <li>• Edamame</li> <li>• Soy milk or soy yogurt</li> </ul>
Fish	<ul style="list-style-type: none"> <li>• Salmon</li> <li>• Cod</li> <li>• Tuna</li> </ul>
Shellfish	<ul style="list-style-type: none"> <li>• Shrimp</li> <li>• Crab</li> <li>• Lobster</li> </ul>
Coconut	<ul style="list-style-type: none"> <li>• Coconut milk or yogurt</li> </ul>

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# Oral food challenge, continued

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## What happens on the day of the test?

Your child should be hungry when you get to the visit. You can bring other foods your child is not allergic to for the wait time at the end, but they should not eat before the test.

A provider will check your child's health and vital signs before and during the test. The test:

- Is completed in a room that is open and may have other patients. Each child will have their own chair.
- Starts with a small amount of the food. The team will give a larger amount if there are no symptoms after about 15 minutes. Your child may eat 2 to 6 servings of the food.
- Continues until your child eats a meal-sized serving.
- Will be stopped if your child has symptoms. The provider will check your child, talk with you and give medicines if needed.

## What if my child has an allergic reaction?

Most children have skin or stomach symptoms first. The symptoms tend to be mild because the first food serving is small. Antihistamines are given most often for mild symptoms. Treatment may include epinephrine and other medicines if the symptoms are severe.

## How long do I have to stay after the test?

Most often, your child may go home 1 to 2 hours after the test if they did not have symptoms. Your child may be watched longer if they have allergic symptoms.

## What should I do at home?

If your child did not have symptoms:

- The provider will recommend your child add the food into their diet starting the next day.
- You may include the food as a normal part of their diet.

If your child had symptoms:

- Your child should not eat the food.
- The provider may talk about treatment or research options.

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

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