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What is a food challenge?

- A diagnostic test that helps us decide whether or not your child can safely eat a food that has been avoided
- An allergist decides if a food challenge is safe to do based on your child's history and diagnostic test results.

What happens during a food challenge?

- Your child will eat over the course of about an hour
- The allergist will see you at the beginning and end of the challenge
- A typical challenge lasts about 3-4 hours.

What should I bring to a food challenge?

- The food your child will be eating (2 full age-appropriate servings)
- Other food to mask the taste or texture
- All your child's regular medications including asthma medications and epinephrine autoinjector
- Activities/toys/books/games to pass the time
- Other food and snacks
- A change of clothing (in the event of a reaction)

What if my child is sick the day of the challenge?

- If your child is sick (not well enough to go to school or daycare) please cancel. If they're sick it can be hard to tell if symptoms are due to the virus or a reaction. Also, being sick can maybe make reactions more severe
- We will always reschedule a challenge if a child has a fever, rash, vomiting, diarrhea, breathing problems or worsening asthma symptoms

Any special instructions?

- Give your child a small meal with no foods they may react to before the challenge but make sure they have enough of an appetite to eat in the allergy clinic
- No antihistamines or cough/cold medications for a week prior to the challenge
- Take all regular asthma medications
- If you aren't sure, call our office to check if a medicine is ok

What if my child has a reaction?

- If your child reacts medicines to treat allergic reactions like epinephrine and antihistamines will be used
- In some circumstances transfer to the Emergency Room via ambulance may be required

What should I do if my child reacts after leaving the clinic?

- Treat the reaction by using the autoinjector and getting emergency help
- Contact our office as soon as possible