

## Instructions for Oral Challenge Testing

Your physician has determined that your child should have an oral challenge test.

Pre-testing instructions:

1. Your child should not take any antihistamine medications for at least 72 hours (3 days) before the appointment. Antihistamine medications include: Allegra (fexofenadine), Atarax (hydroxyzine), Benadryl (diphenhydramine), Clarinex (desloratadine), Claritin (loratadine), Xyzal (levocetirizine), and Zyrtec (cetirizine). Antihistamines can also be in several over-the-counter combination medications so check labels if taking any over the counter medications.  
**PLEASE DO NOT STOP ANY OTHER MEDICATIONS.** Continue all other medications like asthma inhalers, nasal sprays, Singulair and other prescribed medications. If you have any questions about a medication, please call 717-531-1846.
2. Please notify our office at (717) 531-1846 if your child has an asthma flare, allergic reaction, eczema flare, or illness the week before the appointment. We may need to reschedule due to increased risk of reaction during a challenge.
3. On the day of the appointment, please make sure your child is ready to eat. This means either no breakfast at all, or a very light snack. With the exception of sips of water, he/she will not be allowed to eat or drink anything other than the challenge food during the challenge.
4. Unless instructed otherwise, we will provide the challenge food.
5. Prepare to be with us for at least several hours, so plan accordingly.

Please contact our office at (717) 531-1846, option #1, with any additional questions or concerns regarding this appointment.

Thank you.