

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

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

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WEBSITE: www.traac.org

Oral Food Challenge Instructions

Patient Name: _____

You are having an oral food challenge to _____ on _____.

- No antihistamines the day before & the day of your scheduled procedure.
- Eat a good breakfast before coming in.
- Depending on how the challenge goes, you may be here for 2-7 hours.
- Bring at least 4 liquid ounces to be mixed with the appropriate flour/powder or other food items that the patient is being tested to (i.e. So Delicious Dairy Free Coconut Milk [Central Market], Dannon Danimals Yogurt, Soy-based yogurts). If unable to tolerate dairy, you may also bring two small cups of applesauce/puree fruit or veggies.
- You may need to bring _____ (see attached recipe).
- Bring snacks and drinks for the day. Please make sure that the patient has no allergies to these snacks and that it has been consumed before with no issues. We prefer that the patient does not eat a lot of other foods during the procedure.
- Bring items to keep busy: Books, laptops, toys, coloring books, puzzles, etc.

If you have any questions, please call 817-421-0770 ext. 201 for our RUSH nurse.

**All food challenge procedures cancelled within a week or less
are subject to a \$200 non-refundable fee.**