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## **ORAL CHALLENGE PROTOCOL**

- If oral challenge is in AM, no breakfast
- If the oral challenge is in the PM, no lunch
- No illness or cold like symptoms
- Make sure Peak Flows are normal 3 days prior to the challenge (if you have asthma and a peak flow meter).
- No antihistamines 7 days prior to the challenge, if the patient is unable to stop them, please discuss with the physician.
- Bring EpiPen if you have one.
- Bring the food/drug that you are going to be challenged to
- The appointment will take approximately 2-4 hours.