Oral challenges are used to diagnose or rule out food or drug allergies by having the patient consume the suspected allergen under medical supervision. Here are some general instructions for patients undergoing an Oral Challenge:

Preparation Before the Challenge

Medication Adjustments:

- Stop taking antihistamines at least 5 days before the challenge.
- Continue with other medications as needed but consult your doctor about any specific instructions.

Health Status:

- Ensure you are in good health on the day of the test. If you have any symptoms of illness, such as fever, cough, or asthma flare-ups, contact your doctor to reschedule.
- Food and Drink:
- Have a light meal a few hours before the test but avoid eating 1-2 hours before the challenge.

Day of the Challenge

Arrival:

- Arrive at the clinic 15 minutes before your appointment.
- Bring an EpiPen in case you have a delayed reaction after leaving the office, which rarely occurs

During the Challenge:

- The challenge starts with a small amount of food or the drug, gradually increasing the quantity if no symptoms appear.
- Medical staff will monitor you closely for any signs of an allergic reaction.

Observation:

- If no symptoms occur, you may be observed for 1-3 hours after the challenge.
- If symptoms do occur, the observation period may extend to ensure your safety.

Post-Challenge Instructions

- If No Reaction:
- You can start incorporating the challenge food into your regular diet or drug the following day.
- If a Reaction Occurs:
  - Continue to avoid the food or drug and follow up with your doctor for further instructions.

Additional Tips

- Bring items to keep yourself occupied during the challenge, such as books or electronic devices.
- Discuss any concerns or questions with your healthcare provider before the challenge.
- If you have any specific questions or need further details, it's best to consult directly with your healthcare provider. They can provide personalized instructions based on your medical history and current health status.