

Soy FOOD CHALLENGE APPOINTMENT GUIDELINES -

- Be sure your child does not eat anything for 1 hour prior to the appointment. Fluids are allowed.
- Be prepared to stay for 2.5-3 hours.
- Please be sure your child is off **ALL** antihistamines for a minimum of 72 hours (optimally, 1 week) before the food challenge visit.
- Bring your epinephrine autoinjector (EpiPen/Auvi-q/Adrenaclick).
- If your child is sick with fever or respiratory symptoms, or is having an eczema, allergy, or asthma flare, call our office (434-982-3654) before coming for your appointment.
- Please call our office (434-982-3654) **A MINIMUM OF 48 HOURS IN ADVANCE** of your food challenge appointment if you are unable to keep the appointment.
- Please read the specific food challenge instructions below.

Soy Challenge:

Bring 2 cups (16 ounces) of your preferred soy milk; flavored soy milks are acceptable. Flavors such as chocolate or strawberry syrup can be brought to the appointment to be added if your child prefers.

Soy yogurt, pudding or ice cream are not acceptable options.

Please read labels to be sure there are no additives to which your child is allergic.