



Whole Egg 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.

Whole Egg Challenge:

1. Bring 2 hard-boiled or 2 scrambled eggs (1 for you, 1 for your child). Milk can be added to the scrambled egg mixture if your child is not allergic to milk. In case your child prefers something sweet, also bring 2-3 slices of French toast (made with 2 eggs).
2. Please cook thoroughly! There should be no uncooked egg.
3. Bring your own syrup and/or powdered sugar and your child's fork.