

Food Challenge Instructions

- Patient must provide desired food(s) recommended by Dr. Wasan.
- Oral food challenge will last a *minimum* of two hours.
- No antihistamine use for seven (7) days prior to the challenge date.
 - Ex) Zyrtec
 - Benadryl
 - Allegra
 - Claritin
 - Some nasal sprays (check with physician)
- This test does NOT require fasting.
- Patient is able to bring a beverage of their choice to drink during testing as well as a nut-free snack of the patient's choice.