

Allergy challenge

Your child has been booked for an allergy food challenge that will take at least four hours, but could take up to eight hours.

Please come to Day Medical Care, Reception F, Level 2, West Building via the yellow lifts. Please be on time and allow extra time for parking. **NOTE: If you are late for your appointment, your challenge may NOT proceed.**

On the day of the appointment

Please continue your asthma preventer medication and nasal sprays. A light meal only should be eaten prior to the challenge. Your challenge may not proceed and will be rescheduled if your child has:

- a cough
- a fever
- a runny or blocked nose
- a sore throat
- eczema
- hives or welts
- vomiting, diarrhoea or abdominal pain
- an anaphylaxis reaction within the last four weeks
- antihistamines in the five days prior to the challenge
- Ventolin two weeks prior to the challenge

Please call us to discuss if your child has had any of the above issues.

PLEASE NOTE: On the day of your appointment, your child must be well.

What to bring to the appointment

If your child is having a challenge to:

Cow milk	Provided no need to bring
Baked egg and baked milk	Provided no need to bring
Soy or other milk	Bring 500ml full fat soy or other milk
Cooked egg	Bring two raw eggs in original carton with expiry date
Peanut	Bring a jar of Bega smooth peanut butter (not light)
Other nuts	Bring 100gm of challenge nut (ground up)
Sesame	Bring a jar of Tahini paste (hulled or unhulled)
Other foods (such as meat, fish etc.)	Bring one serving size appropriate for your child
Wheat	50gm uncooked cous cous
Drug challenge	Medications for drug challenge will be provided

What else to bring

- Medicare card
- EpiPen (if your child has one) and oral antihistamine
- A snack and drink that your child tolerates and snack/drink for parent if needed
- Activities for a four hour stay
- One parent only per child and no siblings in the challenge area due to available space

In case your child will not eat the challenge food:

If you think your child will not eat the challenge food, please bring a suitable food to mix with the challenge food.

All food must be in an insulated bag with ice packs. Homemade food must be in an airtight sealed container and shop bought food in the original package with the expiry date.

Confirmation

You'll receive a confirmation SMS 24 to 48 hours before your challenge appointment to confirm that your child is well and will be attending.