

UNC Pediatric Allergy Food Challenge Information

Please read this letter carefully in preparation for your child's upcoming food challenge appointment.

Before the challenge

- Please stop all antihistamines 5-7 days prior to the appointment
- Please have your child eat a small breakfast 2 hours before the appointment and then avoid all food and drink (except water) until after the challenge. This will help avoid any issues that may arise from doing the challenge on a completely empty or full stomach.
- Your child must be free from fever, wheezing, or other significant illness

What will happen the day of the challenge

Please plan to arrive 15-20 minutes early for your appointment to be sure the challenge can begin on time. Before the challenge begins, the nurse practitioner will examine your child, particularly his/her breathing and any skin rashes. If we do not feel that your child is well enough to safely participate in the challenge, we will need to reschedule the appointment.

At the start of the challenge, a small amount of the food will be given to your child. Approximately every 10-20 minutes, an increasing amount of the food will be given. There are 4-9 doses of the food depending on the food being challenged. All doses must be eaten within a certain amount of time, otherwise the challenge may need to be rescheduled. If your child has a reaction, the challenge is stopped and your child is considered allergic to that food. If your child can tolerate a full serving of the food, they are considered not allergic to that food.

After the last dose of food, your child needs to be observed for 1-2 hours to ensure there are no reactions. Typically food challenge appointments will last for 3-4 hours total. Children who experience a significant reaction may be observed for up to 4 or more additional hours. If necessary, symptoms occurring during the challenge will be treated in the clinic area. In an emergency, your child can be taken to the hospital's Emergency Department.

*Please note that FPIES (Food Protein-Induced Enterocolitis Syndrome) food challenges take longer than regular food challenges. For an FPIES challenge, your child will begin by eating a calculated amount of the challenge food in 2-3 servings over approximately 30 minutes. He/she will then be monitored in clinic for 4-6 hours for a reaction. If no reaction is observed, then your child is considered not allergic to that food.

What to bring to the challenge appointment

- Your child's Epipen
- The challenge food (see chart on next page)
- Water
- If your child is over 2 years old and having any type of nut challenge, Sprite or 7-Up is strongly encouraged
- Activities/toys for entertainment
- Snacks for after the challenge (optional)

Questions about billing for food challenges

To help avoid unexpected surprises, it may be helpful to check with your insurance company to find out what will be covered by them for your child's food challenge procedure. The CPT codes your insurance company may ask you for are: 95076 (first 2 hours of the appointment) and 95079 (each additional hour). You may also contact our clinic financial counselors at 984-974-9968 or 984-974-9972.

Please refer to the following chart to know what food to bring based on the type of challenge
(Keep in mind that even if the chart says “or”, it is always a good idea to bring more than one challenge food option in case your child refuses to eat a certain item)

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| Almond | 6 ounces of almonds in an unopened container, <u>or</u> an unopened container of almond butter and something to spread it on (e.g. Wonderful brand, Barney Butter) |
| Almond milk | Unopened container of almond milk (make sure it is just almond) |
| Baked Egg | For milk allergic patients: Cake made from Duncan Hines Signature Angel Food Cake Mix If not allergic to milk: Sara Lee Original Pound Cake Slices <u>or</u> muffins made using the attached recipe (Recipe 2) |
| Baked Milk | For egg allergic patients: Muffins made using the attached recipe (Recipe 1) If not allergic to eggs: Sara Lee All Butter Pound Cake |
| Banana | 2 bananas |
| Barley | Unopened box of baby barley cereal and some applesauce to mix the barley into |
| Beef | 1 cooked hamburger and condiments to put on the burger (as long as it is something your child has eaten before) |
| Black Bean | Unopened container of black beans, can opener (if necessary), and a microwave safe bowl |
| Black Eyed Pea | Unopened container of black eyed peas, can opener (if necessary), and a microwave safe bowl |
| Brazil Nut | Unopened container of Brazil nuts |
| Cashew | Unopened container of cashews (at least ½ cup, salted is ok), <u>or</u> an unopened container of cashew butter and something to spread it on (Sunshine Nut Co. |
| Chickpea | Unopened container of chickpeas (they can be cooked or uncooked) and a can opener (if necessary) |
| Chicken | A cooked chicken breast <u>or</u> a couple of cooked chicken strips |
| Clam | 6-8 prepared clams/oysters |
| Coconut | Unopened carton of coconut milk |
| Corn | Kix cereal, <u>or</u> an unopened can of corn and a can opener (if necessary) |
| Crab | 1/3 cup of cooked crab meat |
| Doughnut | 1-2 doughnuts |
| Egg | 2 pieces of French toast made with an entire egg for each piece, syrup (if desired), and 1 hard-boiled and peeled egg |
| Fish | 10 cooked fish sticks and something to dip them in (if desired) |
| Hazelnut | Unopened container of Nutella and something to put it on (e.g. crackers or apple slices) |
| Lobster | 4 ounces of cooked lobster meat |
| Macadamia Nut | Unopened container of macadamia nuts |
| Milk | 8 ounces of unopened and unflavored non-fat Lactaid milk |
| Mustard | A small unopened container of mustard and something to spread it on. The mustard ideally will be the kind already used in the home by other family members, but if you don't use any mustard at home, please buy the kind with the least ingredients. |
| Pancake | 3-4 pancakes made with a homemade pancake recipe that includes milk |
| Pea | Unopened can of peas and a can opener |
| Peach | At least 2 peaches and something to cut them with |
| Peanut | One of the following: -Jiff chocolate peanut butter and something to spread it on (if desired) -Unopened jar of peanut butter and something to spread it on (if desired) -Unopened container of peanut powder (PB2 or Jif) and something to mix it into (e.g. applesauce or yogurt) |
| Pecan | Pecan pieces in a sealed bag (1/4 – 1/2 cup) |

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| Pesto | Unopened jar of pesto |
| Pine Nut | Unopened container of pine nuts |
| Pineapple | Unopened can of pineapple chunks and a can opener (if necessary) |
| Pistachio | Unopened container of pistachios |
| Poppy Seed | A small container of poppy seeds (found in the spice aisle) and a serving of applesauce to mix the seeds into |
| Pork | 6 strips of cooked bacon |
| Red Dye | Unopened container of juice with red dye in it |
| Rice | One of the following: 1 cup of cooked rice, Rice Chex, 2-3 rice cakes, or rice crackers |
| Salmon | 1 serving of cooked salmon about the size of your palm |
| Sesame | 2 sesame seed hamburger bun tops, unopened pack of sesame seeds (found in the spice aisle), a serving of applesauce to mix the seeds into, and something to spread on the buns if desired (e.g. jelly, butter) |
| Shrimp | 15 small cooked shrimp or 10 medium cooked shrimp |
| Soy | One of the following: -10 ounces of unopened vanilla soy milk -Unopened jar of soy nut butter -12 ounces of unopened soy yogurt (it can be flavored as long as the type of flavor has been tolerated in the past) |
| Strawberry | 3-5 strawberries |
| Tomato | A sliced tomato, some ketchup, and something to dip into the ketchup that your child has eaten before |
| Walnut | 6 ounces of walnuts in an unopened container |
| Watermelon | Chunks of watermelon |
| Wheat | 3 slices of whole wheat bread, 10 whole wheat crackers, and something to spread on the bread (e.g. butter, jam). Please bring the crackers in an unopened package and bring an ingredients list for the bread. |
| Other: | |

Recipe 1 – Baked Milk Muffin Recipe

Yield: 6 muffins (1.3g milk protein per muffin)

Dry Ingredients

- 1 ¼ cup of flour
- ½ cup sugar
- ¼ tsp salt
- 2 tsp baking powder

Wet Ingredients

- 1 cup of cow's milk
- 2 tbsp canola oil
- 1 tsp vanilla extract
- 1 large egg *or* 1 ½ tsp egg replacer if child is allergic to egg (e.g. Ener-G brand)

Directions

1. Preheat oven to 350°F.
2. Line a muffin pan with 6 muffin liners.
3. Mix the dry ingredients (flour, sugar, salt, baking powder). Set aside.
4. In a separate mixing bowl, use a whisk to mix the liquid ingredients: milk, canola oil, vanilla extract, egg or egg replacer.
5. Gradually add the liquid ingredients to the dry ingredients stirring until well combined. Some small lumps may remain. Do not overstir.
6. Divide the batter evenly into 6 prepared muffin liners. Note: Depending on the size of your muffin cups, you may need to fill the muffin liners all the way to the top. If you make more

than 6 muffins, please note how many muffins you made and bring at least 2 muffins with you on the day of the challenge.

7. Bake for 30-35 minutes or until golden brown and firm to the touch.

Recipe 2 – Baked Egg Muffin Recipe

Yield: 6 muffins (2g egg protein per muffin)

Dry Ingredients

- 1 cup of flour
- ¼ tsp of cinnamon (optional)
- ¼ tsp salt
- 1 tsp baking powder
- ½ cup sugar

Wet Ingredients

- ½ cup of rice milk (may use cow's milk or soy milk if your child is not allergic)
- 2 large eggs beaten
- ½ tsp vanilla
- ½ cup apple sauce
- ¼ cup corn oil

Directions

1. Preheat oven to 350°F.
2. Line a muffin pan with 6 muffin liners.
3. Mix dry ingredients (flour, cinnamon, salt, baking powder, sugar). Set aside.
4. In a separate mixing bowl, use a whisk to mix all liquid ingredients thoroughly (rice milk, eggs, vanilla, applesauce, corn oil).
5. Gradually add the liquid ingredients to the dry ingredients stirring until well combined. Some small lumps may remain. Do not overstir.
6. Divide batter evenly into 6 prepared muffin liners. Note: Depending on the size of your muffin cups, you may need to fill the muffin liners all the way to the top. If you make more than 6 muffins, please note how many muffins you made and bring at least 2 muffins with you on the day of the challenge.
7. Bake for 30-35 minutes or until golden brown and firm to the touch.

If you need to cancel or reschedule your food challenge appointment, or have any questions, please contact our office at 919-962-5136.