Bayside Allergy, PC

Oral Food Challenge

What is an Oral Food Challenge?

An oral food challenge is a diagnostic test that helps identify a food allergy, or determines if you or your child are no longer clinically reactive to a specific food. The results of an oral food challenge are useful in diagnosing an allergy to a specific food. The challenge is performed in the office under the supervision of a physician and our staff, and emergency medications are available if necessary.

What happens during an Oral Food Challenge?

During an oral food challenge you or your child will be given the specific food that is being tested in increasing amounts, with doses being given every 15-30 minutes, or as determined by the physician, for a period of up to 3-4 hours. Our medical staff will doing assessments prior to each dose that is given, or as needed throughout the challenge, to monitor for any signs or symptoms of an allergic reaction. If there is ever a concern about continuing the challenge by the physician, the patient, or the parent, the challenge may be stopped at any time. Emergency medications are readily available if needed in case of an allergic reaction.

Scheduling an Oral Food Challenge:

When an Oral Food Challenge has been recommended by your provider and you are ready to schedule this please call our office at 231-929-9090. At times, we may need to discuss any specific needs that you or your child have for this challenge with your provider, and call you back. You will often be asked to bring the specific food with you to the appointment. Due to the length of this visit, these appointments are usually scheduled either first thing in the morning or the first appointment time in the afternoon. You should plan on being in our office for up to 3-4 hours for an oral food challenge. You, or your child that is having the challenge, will also need to be off any oral antihistamines for 5 days prior to the scheduled Oral Food Challenge.

Baked-Milk Muffin Recipe

Ingredients:

- 1 cup of Milk
- 2 Tablespoons Canola Oil
- 1 Teaspoon Vanilla extract
- 1 Egg or 1 ½ Teaspoon egg replacer **(*DO NOT use egg if your child is allergic. Note: We use Ener-G brand egg replacer)**
- 1 ¼ Cup of Flour (use flour substitute if allergic to wheat)
- ½ Cup Sugar
- ¼ Teaspoon Salt
- 2 Teaspoons Baking Powder

Instructions:

1. Preheat Oven to 350 degrees
2. Line a muffin pan w/ 6 muffin liners
3. Using a wire whisk, whisk the liquid ingredients (vanilla, milk, canola oil, egg/egg-replacer *even though egg replacer is powder, use it now) Set aside.
4. In a separate bowl, mix together the dry ingredients (flour, sugar, salt, baking powder).
5. Add the dry and wet ingredients and whisk until combined.
6. Divide the batter into the muffin liners.
7. Depending on the size of your muffin tin, you may need to fill the muffin liners all the way to the top. If you make more than a6 muffins, please note how many you made.
8. Bake for 30-35 minutes. This time is key.
9. Please bring in three muffins with you to the appointment. The other three store in a sealed container at home, you will need them later.