In preparation of the oral food challenge, your child should not have anything to eat or drink for two hours prior to the challenge. Antihistamines should be stopped prior to the oral food challenge. Hydroxyzine (Atarax) or Claritin should be stopped at least 7 days prior to the food challenge. Zyrtec or Allegra need to be stopped at least 5 days prior to challenge and Benadryl (diphenhydramine) needs to be stopped at least 2 days prior to the challenge. Nasal antihistamine sprays (e.g., Astelin, Patanase) have to be stopped 24 hours prior to the challenge. Please be aware that many cold and cough medicines contain antihistamines (ingredients such as diphenhydramine, chlorpheniramine, brompheniramine). Check with your allergist if you want to use these medications within 1 week of the scheduled oral food challenge.

Your child should not discontinue any inhaled steroid asthma medications (such as Flovent, Budesonide, Pulmicort, Qvar, Asmanex or Alvesco) prior to the oral food challenge. However, you need to stop:
- Singulair 24 hours before the challenge;
- Long-acting bronchodilators (e.g., Serevent, Advair, Foradil, Dulera, Symbicort) at least 12 hours before the challenge;
- Short acting bronchodilators-rescue inhalers (e.g., allbuterol, Xopenex, Maxair) have to be stopped at least 4 hours before the challenge.

If your child is sick or has a significant rash on the day of the oral food challenge, the challenge may need to be rescheduled. Please call us at least one day prior to the challenge if there are any symptoms that may require the challenge to be rescheduled.

The oral food challenge is administered over at least an hour with a minimum of 1 hour of observation after the challenge has been administered. Please plan on spending about 4 hours for the oral food challenge visit.