

## Oral Challenge Instructions

Wexford Allergy, Asthma & Immunology, LLC  
100 Bradford Road, Suite 410, Wexford, PA 15090  
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**\*\*\*COVID-19 precautions\*\*\*:** Patients age 18 and older are to come alone to their appointment. Minors and those who need assistance may bring one accompanying parent or legal guardian. Face masks are to be worn at all times upon entering the building.

### **Epinephrine Requirement:**

It is the patient's responsibility to bring an epinephrine autoinjector 2-pak to the challenge appointment. Should we need to use it during the challenge, we will prescribe a refill at the patient's cost. If you would like us to prescribe a set of generic epinephrine autoinjectors for you to bring to your appointment, rather than using your Auvi-Q or EpiPen, please send a request via the Request Appointment link in the upper right corner at [www.wexfordallergy.com](http://www.wexfordallergy.com). Please list generic epi in the comment section and include the pharmacy and (for children) current weight.

### **5 days prior to appointment:**

- Discontinue all antihistamines

### **48 hours prior to appointment:**

- Notify us to confirm the patient has discontinued antihistamines, will discontinue any beta-blockers, and is not currently ill (no fever, drainage from eyes or nose, cough, congestion, sneezing, itching, hives, swelling, nausea, vomiting, abdominal pain, or asthma symptoms). To confirm, go to [www.wexfordallergy.com](http://www.wexfordallergy.com), select Request Appointment, provide the patient name, and confirm the appointment in the comment box at the bottom of the form.
- Reschedule the appointment at this time if the patient is ill or otherwise cannot keep the appointment. To cancel, go to [www.wexfordallergy.com](http://www.wexfordallergy.com), select Cancel Appointment, provide the patient name, and provide the reason for cancellation at the bottom of the form.

### **24 hours prior to appointment:**

- Discontinue all beta-blockers

### **Day of appointment:**

- Arrival time as noted on your paper instructions**
- Allow approximately 3 hours for your appointment; in some cases, the procedure may require more time.
- Fast for at least 2 hours prior to your appointment, unless otherwise instructed.
- Bring your epinephrine autoinjector, EpiPen, or Auvi-Q 2-pak.
- Bring the designated unseasoned food or medication to the oral challenge appointment.

### **\*\*\*For nut challenges:\*\*\***

- 1. Bring at least 25 nuts. Shells must be removed from all nuts prior to arrival.**
- 2. Make sure nut product does not have any warning labels about being processed in a facility with other nuts.**
- 3. For children under age 3 years, bring either a nut butter with crackers, flavored or plain single-nut milk (e.g., almond milk, cashew milk) or, in the case of peanut, Bamba**