

Chicago Family Asthma & Allergy, SC
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Tree Nut Food Challenge Appointments

Please bring the following:

- **Bring one (1) ounce or 30 grams of approved shelled nut, or 2 tablespoons (30 mL) of nut butter. If bringing a processed product, it is best if labeling states no cross-contamination with other foods that may be an allergy risk for the patient. You may make your own homemade nut butter. It is okay to bring any bread or crackers the patient has tolerated in the past on which to spread a nut butter, especially if you think greater volumes (ex. 1 tablespoon) may be difficult to eat alone.**
- Our office researched suggested brands that have been listed as safe from contamination with other foods. However, it is recommended that you confirm these products are still free from contamination before purchase, as manufacturing practices may change at any time.
 - o **Almond** - Barney Butter, Wonderful Brands, Julie's Real, Georgia Grinders, MadiK's
 - o **Cashew** - Sunshine Nut Co., Manna Organics, Julie's Real
 - o **Pistachio** - Santa Barbara Pistachios, Wonderful Brands, Keenan Farms, Fiddymnt Farms
 - o **Walnut** - Crazy Go Nuts, Derby Walnuts, Fillmore Farms, Hammons Black Walnut, Olson Trading Company
 - o **Pecan** - Green Valley Pecan Company, Pearson Farm, Surratt Farms, Purely Pecan
 - o **Hazelnut** - Nutella (if not allergic to milk), Nutiva (not if coconut, milk or soy allergy), Laurel Foods
 - o **Macadamia Nut** - Hamakua Macadamia Nut Co. (plain or salted only)

PLEASE INFORM US ASAP IF YOU NEED TO CANCEL THE APPOINTMENT SO WE CAN GIVE TO OTHERS ON THE WAIT-LIST

Can we have a food challenge if the patient is sick?

If the patient has a fever, flu-like symptoms, cough, wheeze, hives, worsened eczema, widespread rash, throat symptoms, vomiting, or other significant illness symptoms, the procedure will most likely not be done. Please contact the office to discuss symptoms and reschedule the challenge if needed. You may also keep the appointment to have a full illness assessment and to determine if the food challenge should be cancelled.

Food challenge guidelines and what to expect

- Please stop using antihistamines beginning 3 days prior to appointment. There is no need to stop asthma medications or nasal steroid sprays. Please call the office if you are unsure what medications to stop.
- No food should be given to the patient 2 hours before arriving for challenge. Clear liquids are okay.
- Please be prepared for the challenge appointment to last 2 to 4 hours.
- The patient will be given small, increasing doses of the product every 15 minutes until a full serving size has been ingested. We will watch closely for any signs of a reaction, and vital signs will be taken before each dose and for an observation period after the last dose.

What are the risks of having a Food Challenge?

An allergic reaction may happen. The reaction may be similar to the patient's first reaction or it could include new symptoms. Symptoms may include hives, swelling, shortness of breath, wheezing, coughing, vomiting, or diarrhea.

What happens if patient has an allergic reaction?

- The practitioner will examine the patient, and depending on symptoms, medications may be given such as antihistamine, anti-inflammatory steroid, or an epinephrine injection in the thigh. The patient will stay extra time for observation until stable to leave the office.

Expectations after passed challenge

- Patient will be cleared to eat food item 24 hours after challenge is completed.
- The food should be included in patient's diet at least once a week or as directed by doctor.
- Follow up with your physician with any other questions or concerns.