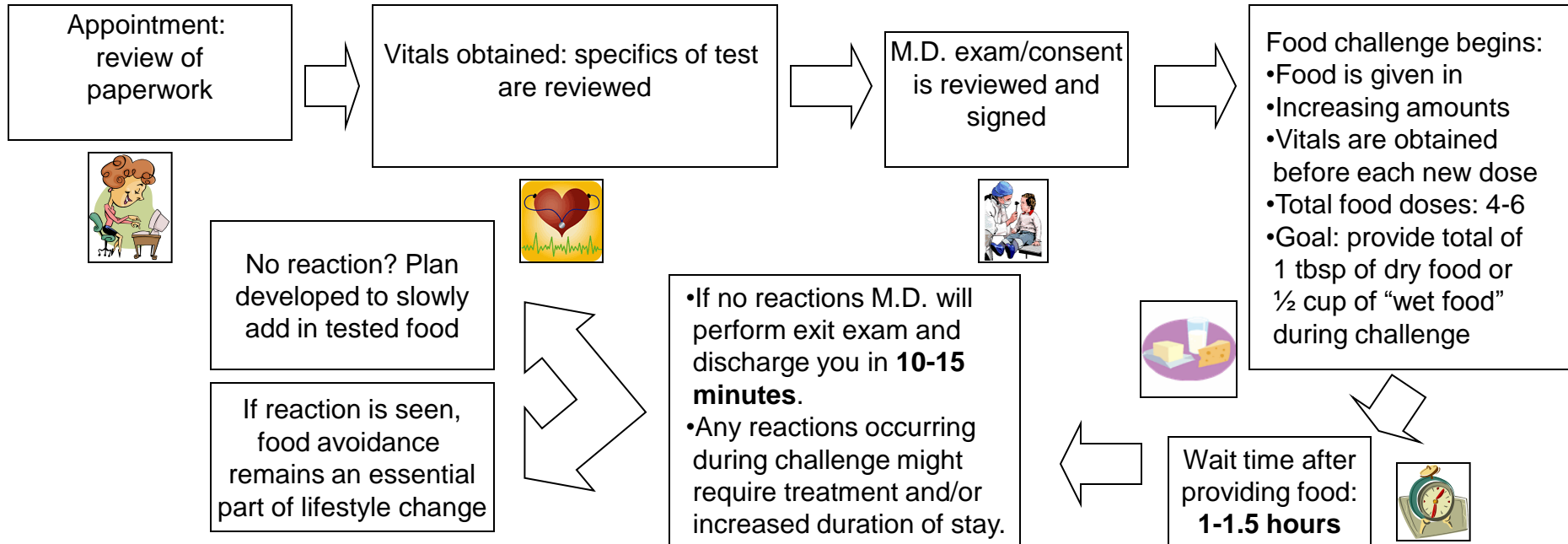




# Hackensack University Medical Center

## The Center for Allergy, Asthma, and Immune Disorders, P.A.

### Food Challenge



#### Please Note:

- Be prepared to remain at the Center for **four to five hours**
- Stop using over-the-counter antihistamines (Alavert®, Benadryl®, Claritin®, Dramamine®, Tavist®, Tylenol Allergy®, Tylenol PM®), for **four days** prior to testing
- Stop using prescription antihistamines (Allegra®, Antivert®, Atarax®, Clarinex®, Periactin®, Semprex D®, Vistril®, Zyrtec®) **one week** prior to testing
- Light breakfast should be eaten before challenge (i.e. toast, hot or cold cereal, and fruit)
- Avoid foods to which you showed past sensitivity
- Wear comfortable clothing and bring work or reading material to occupy your time
- If this food challenge is for a child, a parent or guardian needs to accompany him/her at all times
- If you are unsure of whether you can take other medication before the challenge, please call
- We will call to confirm the appointment. If you cannot keep the appointment, or have any other questions, please call 201-996-2065. You will be charged for the food purchased and missed appointment