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Oral Challenge Consent and Information

Oral challenges to either food or medications may be used to confirm or rule out the diagnosis of suspected allergy or intolerance. An oral challenge involves having the patient ingest the food or medication and monitor the patient for a period of time thereafter to evaluate for any reactions (or tolerance). The amount initially given depends on the history, the material in question, and the results of other allergy testing (such as Penicillin skin test). In some cases, it may start with a full serving/dose or in other cases, a small amount is gradually introduced as tolerated every 15-30 minutes until a full dose is achieved. Because a food or medication challenge involves possibly provoking an allergic reaction, there is some risk associated with it. Therefore, the patient is required to remain in the office for observation and will be done in a controlled setting. The patient should be in a stable cardiovascular, pulmonary, and metabolic condition prior to the challenge. Some reactions may be immediate or delayed for several hours.

Reactions may range from limited to contact (skin or mouth) or more systemic including itchiness, hives, coughing, difficulty breathing, wheezing, vomiting, stomach pains/cramps, etc. In some rare complications, it can be life threatening or fatal such as abnormalities in heart beat, loss of blood pressure and pulse. In rare cases, the reaction may be delayed after the patient leaves the office. During which case, the patient either needs to return to the clinic if the reaction is mild or proceed to the ED if the reaction is moderate to severe.

The oral challenge may take 2-5 hours to complete.

For minors (17 and under), a parent or legal guardian needs to be present during the ENTIRE procedure.

Please let your physician or nurse know:

- If you are pregnant
- If you are taking any medications or eye drops that are beta blockers
- If you are wheezing/coughing (asthma flare), have a fever or eczema flare
- If you are taking any oral antihistamines the past 7 days

As with any procedure, the alternatives, risks, and benefits are discussed and reviewed. Alternative to oral challenge is not performing it and relying on other medical evaluations to manage your condition. The main benefit to the oral challenge is to rule in or rule out reactivity or tolerance to the food or drug ingested. In many cases, oral challenge is the only reliable procedure to confirm tolerance.

By signing this statement, I acknowledge that I have read the oral challenge consent form and understand the information provided. The opportunity has been provided for me to ask questions, which have been fully answered by my physician.

Printed name of patient

Date

Signature of patient or legal guardian if minor

Date

Witness/Physician

Date