

WHAT IS A CHALLENGE?

- A challenge is a procedure where you are exposed to a food, medication or vaccine to determine if you are allergic. The decision to perform a challenge is based on your consultation with one of our allergists. There are different ways to administer a challenge including blinding you to the food/medication of concern (this may involve a placebo) or you may be administered the medication/food in increasing doses.
- No matter what type of procedure it will be done in our fully-equipped clinic and you will be monitored usually 1-2 hrs after your last dose.

HOW DO I PREPARE FOR A CHALLENGE?

- Your allergist may ask you to discontinue medications that may interfere with interpretation and this will be discussed on an individual basis.
- We may advise you to fast from 4 - 12 hours before the challenge but this depends on other medical conditions and this will be decided by you and your allergist. We try to book our challenges in the morning.
- Don't forget to bring a book, iPad with headphones or a friend as you will be with us for approximately 3-4 hrs

WHAT SHOULD I EXPECT AFTER A CHALLENGE?

- If you have reacted during the challenge, you will require treatment in the clinic. You will be required to avoid the substance you are allergic to and possibly carry an epinephrine auto-injector and MedicAlert bracelet.
- If you have no reaction during the challenge and you have completed your challenge (including monitoring) you will be allowed to leave. We advise any concerning symptoms before 4pm you can contact us and after 4pm you would have to contact 911
- We would require you to contact our office in 24hrs as part of our challenge protocol, at this time we will contact your family physician/ referring physician and update them on your challenge.