



D. Loren Southern, M.D. Andrew J. Pedinoff, M.D. Julie A. Caucino, D.O. Helen S. Skolnick, M.D.  
Kristen M. Sikorski, M.D. Shaili N. Shah, M.D.  
24 Vreeland Drive, Skillman NJ 08558  
Phone – (609) 921-2202 Fax – (609) 924-1468

### Patient Instructions and Information for BEFORE a Food Challenge

**Date of Food Challenge:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

Patients need to arrive at the Skillman Office **10 minutes** prior to your scheduled appointment time. Please plan accordingly for traffic in order to arrive on time. Due to the length of time required for a Food Challenge, if you are more than **15 minutes** late (of the arrival time) the appointment will need to be rescheduled. Please make every effort to arrive on time.

**Bring the following food(s) to the challenge:** \_\_\_\_\_

**Please read all instructions below thoroughly.**

**\*\*\*NOTE: We require a signed copy of this letter returned no later than 1 week prior to the scheduled appointment date. If we have not received a copy of the signed letter back by that time, we will unfortunately have to CANCEL the food challenge appointment.**

Food Challenges last approximately 4 hours. During the 1<sup>st</sup> 60-90 minutes, the Food Challenge is performed. Once the Challenge is completed, the patient will be able to eat a snack that is brought in from home. The remaining time is for observation. The patient must **remain in the office the entire length of the Food Challenge and observation period**. If the patient is a minor (under 18 years of age) a parent/legal guardian must remain with the patient the entire time.

#### Prior to the Food Challenge

- At any time, in the event of an accidental exposure to the food being challenged, please contact a member of our nursing staff at (609) 921-2202.
- 2 Weeks Prior to Food Challenge – If the patient is ill within the **2 weeks** prior to the Food Challenge; **rashes, fever, wheezing/breathing issues, started antibiotics** or any **new medication**, please contact our nursing staff to see if the Food Challenge can still be performed at 609-921-2202.
- If you or anyone in your home, within the 2 weeks prior to the Food Challenge, has had cold or flu symptoms, or had any COVID19 exposures or COVID19 tests, please let us know immediately.
- 2 weeks prior to the Food Challenge, purchase or plan where to purchase your challenge food, as not all stores carry the required food.
- Five Days Prior to test date – **STOP ALL ANTIHISTAMINES AND MEDICATIONS CONTAINING ANTIHISTAMINES**. (Examples are: Allegra, Claritin, Zyrtec, Benadryl, combination cough/cold medications). You can find our avoidance list on our website: [www.princetonallergy.com](http://www.princetonallergy.com) (Patient Resource Tab-Forms-Medication avoidance list for Skin Testing.)

**The morning of the Food Challenge:**

- The patient should not eat anything **two** hours prior to the Food Challenge
- It is important that the physician and nursing staff have both the parent and patient’s undivided attention during the Food Challenge. Please arrange for the care of other children so we can provide the patient the individualized attention that a Food Challenge requires.
- Adults, please do not bring any food for yourself to consume that your child is allergic to.
- Only one adult will be allowed at the Food Challenge with a minor.
- If the patient is 18 years or older, they will be the **ONLY ONE** allowed in the exam room area. A parent or other companion may wait in the waiting room out front.

Please bring the following items with you to the Food Challenge:

- 1) **Bring required Challenge Food**
- 2) A change of clothing for the patient
- 3) EpiPen (Please check the expiration date. If your EpiPen has expired contact our office for a new prescription). If a current in-date EpiPen is not present, the challenge will be canceled
- 4) Bring a snack/lunch that the patient has eaten without incident in the past. Do not bring any new or different brand items.
- 5) Books, games, toys, etc. to stay occupied during the visit.

**After the Food Challenge:**

- Patient should stay home and be monitored by a responsible adult for the remainder of the day. They should not plan on going to school, extra-curricular activities or sports until the next day.
- No new or restaurant food
- No further Food Challenge food
- Minimize strenuous activity
- Call if any problems arise later in the day
  - 609-921-2202. If after office hours, please contact physician on call by calling same number and following instructions for physician on call.

We are happy to provide notes for school or sports since this is an excused absence for a medical procedure.

If you have any questions about your Food Challenge, please call (609) 921-2202 and ask for your physician’s nurse.

**Please note:**

You will be required to pay the specialist copay for this visit.

Food Challenges require a significant amount of physician time and staffing. Please check your schedule and if needed, your child’s schedule. We request notification of cancellation one-week in advance. Less than 1 week notification will result in a \$200.00 fee.

\_\_\_\_\_  
Patient Name

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Patient/Parent/Guardian

\_\_\_\_\_  
Date

Please sign and return by fax (609) 252-0037, or mail to the Skillman office 2 weeks prior to your scheduled Food Challenge.

## Challenge Foods

**Almonds-** 16 oz bag of plain whole roasted and salted almonds. All nuts must be **out of the shell**, seasoned only with salt, and **cannot be contaminated with other items person is allergic to.**

**Apple-** 2 or 3 medium- large washed apples (organic preferred)

**Avocado-** 3 to 4 medium sized avocados

**Banana-** 3 medium bananas

**Beans (kidney, white, pinto, black) -** 1 cup beans cooked with water, seasoned with only salt

**Beef-** 12oz medium cooked beef, pink in the middle, seasoned only with salt. If tolerated can bring Hunt's ketchup for flavor, if no allergy to ingredients in Hunt's ketchup.

**Brazil Nut -** 16 oz bag of brazil nuts. All nuts must be **out of the shell**, roasted, seasoned only with salt, and **cannot be contaminated with other items person is allergic to.**

**Blueberry-** 1-1 ½ cups of fresh washed blueberries (Organic preferred)

**Buckwheat-** 2 cups of plain cooked buckwheat, seasoned only with salt.

**Cantaloupe -** ½ Cantaloupe, cut with a clean knife on a clean cutting board

**Cashews-** 16 oz bag of plain roasted and salted cashews. All nuts must be **out of the shell**, seasoned only with salt, and **cannot be contaminated with other items person is allergic to.**

**Chick Peas-** 1 cup chick peas cooked with water, seasoned with only salt.

**Coconut-** 7oz can of “**Let's do Organic**” creamed coconut. Can be purchased at Wegman's or Basil Bandwagon Health Food Store in Flemington (908-788-5737) Also bring an unopened 16oz bottle of clear juice

**Corn-** 10oz bag of frozen Birds Eye or Wegman's, steam in a bag corn. Seasoned only with salt.

**Crab-** Plain fresh crab, no skin or shells, steamed or baked, may season with salt only. (Cannot be canned)

**Green Beans-** 10oz bag of frozen Bird Eye or Wegman's, seasoned only with salt. Prefer steamed in bag.

**Egg-** Unopened 16oz bottle of clear apple or grape juice for mixing with egg powder (which we supply). No juice with pulp and no sports drink. Bring several pieces of toast or a box of crackers as well as a bottle of unopened honey. If wheat allergic bring gluten free bread or cracker with honey. If you/your child does not like honey, jam or jelly is fine

**Baked Egg** – see Baked Egg recipe. Bring six 6 equal sized cupcakes.

**Fish (cod or fish instructed) -** ¾ -1 lb. of plain steamed or baked fish. Seasoned only with salt, no skin.

**Flax Seed-** 1 bag of whole flax seeds. Bring several pieces of toast or a box of crackers as well as a bottle of unopened honey. If wheat allergic bring gluten free bread or cracker with honey. If you/your child does not like honey, jam or jelly is fine

**Hazelnuts-** 16 oz bag (unopened) of roasted and salted hazelnuts, out of the shell. All nuts must be **out of the shell**, seasoned only with salt, and **cannot be contaminated with other items person is allergic to.**

**Honeydew Melon-** ½ Honeydew Melon, cut with a clean knife on a clean cutting board.

**Lentils-** 1 cup lentils cooked with water. Seasoned with only salt.

**Lamb-** 8-10 oz of medium to well cooked meat. No fat, grizzle or bones. Seasoned only with salt.

**Lobster -** 6 oz. plain fresh lobster, no skin or shells, steamed or baked, may season with salt only. (Cannot be canned)

**Milk-**Unopened 16 oz container of plain whole milk

**Baked Milk** -see Baked Milk recipe. Bring six 6 equal sized cupcakes.

**Mustard-** Unopened jar of plain “Guldens” mustard- When appropriate patient should bring in 3-4 large soft pretzels or a box of crackers

**Oats-** 2 cups of oatmeal cooked with water. Season only with salt.

**Peanut-** 16 oz unopened bottle of clear apple or grape juice for mixing with peanut powder (which we supply). No juice with pulp and no sport drinks. Bring several pieces of toast or a box of crackers as well as a bottle of unopened honey. If wheat allergic bring gluten free bread or cracker with honey. If you/your child does not like honey, jam or jelly is fine

**Peas-** 10oz bag of frozen steam in a bag Bird’s eye or Wegman’s peas, seasoned only with salt.

**Pecans -** 16 oz bag of roasted and salted pecans. All nuts must be **out of the shell**, seasoned only with salt. **Cannot be contaminated with other items person is allergic to.**

**Pistachios-** 1 16 oz can/bag of plain roasted and salted pistachios. All nuts must be out of the shell, seasoned only with salt, and **cannot be contaminated with other items person is allergic to.**

**Pork-** 10oz medium well-cooked pork. No fat, grizzle and seasoned only with salt.

**Potato-** 3 medium sized baked potatoes.

**Raspberry -** 1 ½ cups of fresh washed raspberries (Organic preferred)

**Rice-** 1 ½ cups of rice cooked in water- can be salted. OR 1 container of rice cream.

**Sesame Seed-** 1 jar **McCormack** brand sesame seeds. Bring several pieces of toast or a box of crackers as well as a bottle of unopened honey. If wheat allergic bring gluten free bread or cracker with honey. If you/your child does not like honey, jam or jelly also works

**Shellfish (crab, lobster, or shrimp as instructed)-** 6 oz fresh, no skin or shells, steamed or baked, may season with salt only. (Cannot be canned)

**Shrimp-** 6 oz **plain** fresh shrimp, no skin or shells, steamed or baked, may season with salt only. (Cannot be canned)

**Soy-** Unopened 32oz container of organic **Wegman’s** or **Edensoy** unsweetened soy milk.

**Squash-** 16oz cooked squash, seasoned with only salt.

**Sunflower-** 16oz unopened bottle of clear apple or grape juice and a jar of Sunbutter.

**Strawberry-** 2 quarts of organic washed fresh strawberries.

**Tomato-** 2 pints of organic washed cherry tomatoes.

**Walnuts-** 16 oz bag of roasted and salted walnuts. All nuts must be **out of the shell**, seasoned only with salt, and cannot be contaminated with other items person is allergic to.

**Watermelon-** 1 whole small or half medium sized watermelon with seeds removed. Cut with a clean knife on a clean cutting board.

**Wheat-** 1 box/bag of **Arrowhead Mills** plain wheat puffs. Unflavored and unsweetened.

**Rye-** 1 Pkg of rye crackers- read ingredients – should not contain anything patient has not eaten previously.

### Combination Challenges

#### Shellfish

**Crab/Lobster Combo-** 4-6 oz. of each shellfish, steamed or baked, chopped - in separate containers. No skins or shells. (bring condiment for dipping if desired)

**Crab/Shrimp Combo-** 4-6 oz. of each shellfish, steamed or baked, chopped - in separate containers. No skins or shells. (bring condiment for dipping if desired)

**Lobster/Shrimp Combo-** 4-6 oz. of each shellfish, steamed or baked, chopped - in separate containers. No skins or shells. (bring condiment for dipping if desired)

**Clam/Oyster-** 4-6 oz of each shellfish, steamed or baked, chopped - in separate containers. No skins or shells. (bring condiment for dipping if desired)

#### Tree nuts

**Almonds/Hazelnut-** 16 oz bag of plain whole roasted and salted almonds and a 16 oz bag of roasted and salted hazelnuts. All nuts must be **out of the shells**, seasoned only with salt. **Cannot be contaminated with other items person is allergic to.**

**Cashews/Pistachio -** 16 oz bag of plain roasted and salted cashews and a 16 oz can/bag of plain roasted and salted pistachios. All nuts must be **out of the shells**, seasoned only with salt and **cannot be contaminated with other items person is allergic to.**

**Pecans/Walnuts -** 16 oz bag of roasted and salted pecans and a 16 oz bag of roasted and salted walnuts. All nuts must be **out of the shell**, seasoned only with salt and **cannot be contaminated with other items person is allergic to.**

11/9/2018