

Food Challenge Checklist

- Food for the challenge** _____
 - *Also, bring mixins, like apple sauce or "pouches"*_____

- Favorite dishes and utensils, like spoon, bowl, and bottle**

- Epinephrine auto-injectors** _____
- Entertainment, like colors and coloring books** 🖍️ 😊

- Medication adjustments**
 - *Check with your allergist for which meds to stop (like antihistamines) and which may be continued*_____

- Change of clothes** (just in case Sweet Pea throws up 🤢)

Other important info...

- Ingestion challenges are billed to insurance with codes 95076 and 95079
- Challenges typically last 3-4 hours but may be shorter or longer depending on your kiddo's clinical case
- Challenges should only be performed when Sweet Pea is feeling well, so let your allergist know if s/he has been ill, needing albuterol, etc.
- Anxiety may be an issue, especially in older kiddos, so be sure you, your kiddo, and your allergist discuss being nervous 👍