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**DIRECTIONS FOR OPEN CHALLENGE TO FOODS
OMITTED FROM THE DIET**

(CAUTION!!! DO NOT DO THIS FOR FOODS WHICH HAVE CAUSED SEVERE REACTIONS!)

The purpose of this procedure is to help you figure out how the foods, you or your child **are currently eating** and reacted on skin test, are affecting you. These foods may be triggering mild to moderate symptoms (nasal or chest congestion, skin itching, bloating, heart burn, abdominal cramping, loose stools, headaches, migraines, tiredness, etc...) Do not use this for foods that you suspect may trigger severe life threatening reactions.

1. Remove all foods that tested positive from your diet as you were instructed. A food may be added in any order you like except unless you have been instructed to do differently. We suggest you add one of the foods you have been avoiding to your present diet every five (5) days. Choose to start with a food which has been difficult to avoid. Add it back following this procedure:
 - a. When trying a food, eat a small portion (a bite) the first day, observe for 24 hours. If you notice any symptoms, stop. Do not progress any further. Keep in mind that nasal or chest congestion can be delayed by up to 4-6 hours and skin itching by up to 8 hours.
 - b. If no symptoms are noted with the small portion, then eat a normal portion on the second day. Again observe for 24 hours. If you notice any symptoms, stop. Do not progress any further. Any time you eat this food, you will experience these symptoms.
 - c. If no symptoms are noted with the normal portion, then eat a normal portion at least twice a day for the next three (3) days. A food which triggers symptoms only with several days of daily eating may be added back into the diet but, limit your exposure to once a week.
 - d. Any food which causes any symptoms should be stopped promptly. Wait until the symptoms caused by the food on trial have subsided completely before trying the next food. Please discuss with your physician before reintroducing that food again
2. Any foods which cause no symptoms within five (5) days of trial may be added to the `permitted list.
3. It is not necessary to try any foods you do not like or do not want to add to your normal diet.
4. Keep a record of the effect of each food added in the chart below.

DATE:	FOOD ADDED	EFFECT
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____