

Consent for Oral Challenge

Dear Patient 3

You have been selected to consider an oral challenge today to the suspected allergen,

Oral challenge is a process to determine if the patient continues to have an allergy to the above suspected food or medication. A challenge can take anywhere from one hour onwards where small amounts of the suspected allergen will be given in increasing doses during predetermined intervals. Patients chosen for oral challenges usually have a lower risk for having an allergic reaction, but may still react.

Your health will be assessed by our staff the day of the oral challenge. Your vital signs, weight and possibly lung function will be taken. Skin testing is usually repeated on the day of the oral challenge to assess any change in allergy status to the suspected allergen.

Please notify our office before the challenge if your health has changed, any new medications you are taking or if you do not feel well, even with a mild infectious illness in order for a decision to be made whether the challenge will continue.

It is important that you be aware of any potential allergic reactions that may occur during an oral challenge.

Symptoms of an allergic reaction include:

- Oral/Throat: Itchy tongue, throat discomfort, or changes in swallowing
- Respiratory: Hoarseness, cough, shortness of breath or wheeze
- Skin: Hives or eczema
- Gastrointestinal: Nausea, vomiting, abdominal cramps and diarrhea
- Systemic Cardiovascular: dizziness, faint and even low blood pressure (shock-severe, that may be fatal)

Please note that severe reactions are rare, but possible.

In the rare case that the oral challenge leads to a systemic allergic reaction, our office will administer treatment immediately. If our therapy is either insufficient in reversing the allergic reaction or our team feels you're your allergic reaction requires further care and monitoring, we may contact emergency services for further assistance, which may lead to costs that you may incur (ambulance transfer). In preparation of all oral challenges, our office dedicates time and resources for allergen preparation. **A non-refundable fee of 30\$ is required for all food oral challenges. Cost of medication challenges are based on cost of drug preparation.**

If you have any questions about the oral challenge process or any of the above, please ask our staff prior to our initiating the challenge. By signing below, I agree to the above statements and risks of undergoing an oral challenge to a suspected allergen.

Patient 3 Test

Printed Name of Patient

Signature of Patient

October 19, 2022

Date

Jason Ohayon MD