



Bloomington-Normal: 309-452-0995

Springfield: 217-717-4404

Satellite Offices:

Carlinville - Jacksonville - Morton

Sherman - Taylorville



Patient Name: _____ MRN: _____

Consent for Challenge (Oral or Injection)

Reaction History: _____

Challenge to Food Medication Other: (List) _____

Challenge by Oral Route Injection Other: _____

What is a Challenge?

The Challenge is a medical procedure that involves exposure (either by eating, ingesting, or getting injections) of a product in a slow, graded fashion under medical supervision. The challenge procedure is the most accurate test to determine whether the product needs to be avoided or will no longer need to be avoided. You have been recommended to undergo a Challenge procedure based on a suspicion of having an allergy to a food, medication or other substance. Common situations where a challenge is done are the following:

- You have a medical history that suggests an allergy but an allergy test does not show for certain whether or not you have an allergy
- You have a medical history that suggests an allergy but there is no widely available test to determine if you have an allergy
- You have a medical history that suggests an allergy and you think the diagnosis was uncertain or you think you may have outgrown the allergy
- You are uncertain whether the food, drug, or substance suspected actually caused your allergy symptoms
- You know you have an allergy but you have a need or decision to try a similar food, drug, or substance that is similar to make sure it is safe to take.

The Challenge is undertaken when you are in generally good health and when you can discontinue medications, such as antihistamines that may interfere with the results of the test, for a brief period before the test.

What will happen during the Challenge?

The goal of most allergy Challenges is to determine if you can safely take the product being tested, and at times, to see how much of the product can be safely ingested. You will have discussed with your allergy specialist which product to challenge--one that is considered to be low risk and in which you likely will not have a severe allergic reaction. You may be asked to provide the product to be tested and you will need to bring this in the day of the Challenge. You will have your vital signs (such as heart rate and blood pressure) taken before and during the Challenge. You will have an examination by one of our allergy specialists. You may be required to perform a breathing test and skin test before the Challenge begins. During the Challenge, you will be given very small amounts of the specific product being tested. If tolerated, increasing amounts of the product will be given with close observation at each stage. Once you receive the last dose, you will need to remain at the Center for ½ hour to an hour afterwards.

How long will the Challenge take and how do I prepare?

Depending on the level of allergy and the product, there may be 5 to 10 stages and the procedure may take 2-4 hours. You can prepare for the Challenge day as follows:

- Wear comfortable clothing and shoes that can be removed easily. It's okay to bring extra clothes or a small blanket if you tend to get cold.
- Be healthy and well with no illnesses.
- Get plenty of rest and fluids the evening before the test.
- Avoid new or excessive activities that may cause allergy triggers the week leading into the test.
- Bring books, videos, games or rewards for small kids.
- Bring a friend or a helper if needed. Avoid bringing other small children who need supervision as the office will need to focus on the patient. All minors must be accompanied by a parent or guardian.
- Be off medications that may interfere with the test (7-10 days off antihistamines, including allergy medicines, some sleep medicine, some acid reducing medicine, and some medicine for anxiety/depression). Please ask our staff for additional questions about medications.
- DO take any other routine medicines for asthma, blood pressure, anxiety and other chronic health conditions to make sure you are well as you normally would.
- Bring a heavy snack for after the challenge and bring water or juice to drink.
- Bring the product to be tested, if you have been asked to do so. For food products, please make sure that you have cooked and prepared them in advance. The office does have a microwave for heating food items and a refrigerator to store the items during the test. You may want to bring any spoons, cups, or other materials that may be useful for the food being tested. Bring in a sufficient quantity to be tested. We suggest at least 3-4 servings.

What are the risks or discomforts of a Challenge?

You will be observed for symptoms typical of an allergic reaction, such as itching, rash, stuffy or runny nose and eyes, abdominal pain, vomiting or difficulty breathing, throughout the entire time you at our center. If any symptoms develop, even if they are mild, you will be assessed by one MASA's skilled allergy specialists to determine if you are having an allergic reaction or another type of reactions, and to treat you appropriately and immediately, if needed. Symptoms usually are short-lived (less than 2 hours). The major risks involved include severe breathing difficulties and rarely a drop in blood pressure, which is the result of severe anaphylaxis. While a severe outcome such as death is theoretically possible, such an event is exceedingly rare, with only one case noted in 2017 in Alabama from a medically supervised oral food challenge. The risk of a reaction is reduced by starting the challenge with very small amounts, administering the product over a prolonged time period, and by stopping the challenge at the first sign of a reaction. Medications, personnel and equipment will be immediately available to treat allergic reactions should they occur. MASA's allergy specialists do not perform challenges to substances absolutely known to cause severe anaphylaxis. If you are interested in reducing the risk of a known allergic food or substance, please discuss with our allergy specialists the Oral/Food Desensitization Procedure.

What are the alternatives to a Challenge?

If you choose not to have the Challenge, the safest thing to do is to completely restrict the food, drug, or substance. You can ask one of our allergy specialists for possible alternatives.

What does the Challenge cost?

The Challenge is a validated medical procedure that is a covered service by CMS and insurance companies when a medical need exists. The CPT code for a Challenge is 95076 and 95079. Other test codes that may be used include 95018 (Skin Testing), 95180 (Rapid Desensitization), 99213/99214/99215 (Office Visit), 94375 (Breathing Test), 96372 (Diagnostic or Therapeutic Injection). There may be additional codes used, depending on what is being tested and what procedures occur in the office. Although these codes are all typically covered by insurance, our office cannot anticipate specific issues with each insurance company. As you know, it is your responsibility to ensure coverage prior to the testing day, if you have insurance. Please call your insurer to discuss coverage this prior to your test day. The typical cost ranges from \$300-\$1200 for a challenge procedure.

Purpose and acknowledgement to the Challenge.

The nature and purpose of the Challenge, the risks involved and the alternatives have been explained to me and all of my questions, if any, have been answered to my satisfaction. I acknowledge that the practice of medicine is not an exact science and I acknowledge that no guarantee has been made as to the results that may be obtained.

I will fast (no food in the stomach) at least 3 hours before the test. Yes Not Required

I will be off corticosteroids for at least 3 weeks. Yes Not Applicable

I will be off antihistamines for at least 7-10 days. Yes Not Applicable

Skin Test may be done before the challenge. No Yes

I give my consent and authorize Midwest Allergy Sinus Asthma SC and staff to perform a Challenge procedure to the substance noted above on Page 1 to the patient listed, and to treat any reactions that may arise.

Patient Name: _____

Patient's Signature (if 18 and over)

Date: _____

Signature of Parent or Guardian Not Applicable

Date: _____

Provider's Signature

Date: _____

Witness Signature

Date: _____

Special Instructions for After the Challenge:

