

# Food provocation test for adults

ALLERGOLOGY

Patient information

You will soon be expected at our clinic for a food provocation test. During the food provocation test, we can determine whether and for what food item you are allergic.

## What is a food provocation test?

A food provocation test is a procedure where you consume increasing amounts of a suspected allergenic food item in several steps. The purpose of this test is to determine whether you are allergic to a specific food. During the food provocation test, if you have a food allergy, you may experience an allergic reaction. The test can be conducted in two ways: 'double-blind' or 'open'.

### **Double-blind food provocation test:**

The double-blind food provocation test consists of two days:

- On one day, you will consume the food item while it is 'hidden' in, for example, gingerbread.
- On the other day, you will consume the same gingerbread without the hidden food item (= placebo day)

The gingerbread is prepared in a way that you cannot tell the difference between the gingerbread with and the gingerbread without the tested food item. They taste and look the same.

You and your doctor are unaware of which day you are consuming the food item and which day the placebo is given. This is called a double-blind test, ensuring the most reliable evaluation of the reaction. After completion of the test period (usually at least 24 hours after the last test day), you will be informed on which day you received the food item and on which day you received the placebo.

### **Open food provocation test:**

In an open food provocation test, you consume the tested food item visibly. Depending on what has been agreed upon, the food item will be administered in several steps or you will consume a specific quantity all at once.

## Duration of the test

The food provocation test usually involves about 3 to 8 steps. With each step, a larger quantity of the food item is given. After each step, a half-hour waiting period is implemented to monitor for any reactions before proceeding to the next step. After the final step, you are observed for at least one hour.

The food provocation test typically takes a minimum of 4 hours, but please take into account that you should allocate the entire day for this process.

## Progression of the test

During the food provocation test, it is possible for you to experience an allergic reaction. Because of that, the food provocation test takes place as a day admission under clinical supervision (to monitor parameters such as blood pressure and heart rate), and, if necessary, an intravenous catheter/needle is inserted. In case of an allergic reaction, the food provocation test will be stopped, and the allergic reaction will be treated with medication. You will stay for observation till the symptoms have sufficiently subsided. The likelihood of experiencing another reaction at home is minimal.

## Preparation

### **Cancellation**

- If for any reason you are unable to attend, please call us as soon as possible, so that we can possibly arrange for another patient to take your place.



- In case of fever, flu, severe cold, or (severe) asthma symptoms, the test cannot proceed.
- Pregnancy: because of the potential risk to both mother and child, no provocation tests will be performed on pregnant women.

#### **Medication**

- You should not use antihistamines (e.g., levocetirizine, cetirizine, loratadine, desloratadine, fexofenadine) and also Dymista nasal spray for 72 hours prior to the test. These medications can interfere with the test.
- You can still use other nasal sprays, eye drops, and ointments.
- You can generally continue using asthma inhalers, unless otherwise instructed by your treating doctor.
- If you have started using medication that is not known to us (e.g., prednisolone), please contact us.

#### **Food and drink**

Before the food challenge test, you should avoid consuming the food you might be allergic to. Up to two hours prior to your appointment, you may have a light breakfast. That is approximately half of what you normally eat. During this time, you can drink tea and coffee, possibly with milk and sugar, as well as water and fruit juice. During the food provocation test, you are allowed to drink only water, coffee, and tea (if needed with sugar, but without milk).

#### **Transportation home**

Ensure that you do not have to drive yourself home after the food provocation test. This is because you might experience drowsiness, fatigue, or difficulty concentrating due to the medication we might administer in case of an allergic reaction. In addition, the allergic reaction itself could cause fatigue, affecting your reaction time while driving. Therefore it is safer not to drive home by yourself.

#### **What do you bring?**

- Something to do since the test usually takes up at least a morning and sometimes the entire day.
- Something to eat/drink after the food provocation test.
- In case of an 'open' food provocation test, you might be asked to bring the test food item yourself. If so, you would have received instructions about this before the start of the test.

#### **Results**

After the food provocation test, you will have an appointment with your doctor to discuss the results of the test.

#### **Resuscitation**

All patients at DC Klinieken are resuscitated in an emergency situation. Have you signed a DNR form or discussed with your doctor that you do not want to be resuscitated? Then it is important to inform us of this.

#### **Insurance coverage**

DC Klinieken has contracts with all health insurers. This means that almost all healthcare costs are covered, similar to the hospital. However, you will need a referral from your general practitioner. Please be aware of your insurance excess. For more information about reimbursement and possible exceptions, please visit: [www.dcklinieken.nl/vergoedingen](http://www.dcklinieken.nl/vergoedingen).

#### **Questions**

For more information and answers to frequently asked questions, please visit: [www.dcklinieken.nl/contact](http://www.dcklinieken.nl/contact) or contact our Service and Information Centre at +31 (0) 88 0100 900.

#### **Emergency after visiting DC Klinieken**

In case of emergency, call: +31 (0) 88 0100 998.

#### **Zorgkaart Nederland**

Your opinion is important to us. Please leave a review after your visit on [ZorgkaartNederland.nl](http://ZorgkaartNederland.nl)!



Would you like to leave a review?



**DC Klinieken**

## Reanimatie

Alle patiënten bij DC Klinieken worden bij een noodsituatie gereanimeerd. Heeft u een niet reanimeren-verklaring of heeft u met uw arts besproken dat u niet gereanimeerd wilt worden? Dan is het belangrijk dat u ons hierover informeert.

## Vergoedingen

DC Klinieken heeft contracten met alle zorgverzekeraars. Dat betekent dat vrijwel alle zorg vergoed wordt. Net als in het ziekenhuis. U heeft wel een verwijzing van uw (huis)arts nodig. Houd rekening met uw eigen risico. Hier vindt u meer informatie over vergoedingen en eventuele uitzonderingen: [www.dcklinieken.nl/vergoedingen](http://www.dcklinieken.nl/vergoedingen).

## Vragen

Ga voor meer informatie en antwoorden op veelgestelde vragen naar: [www.dcklinieken.nl/contact](http://www.dcklinieken.nl/contact) of neem contact op met ons Service- en Informatiecentrum via 088 0100 900.

## Spoedgeval na bezoek aan DC Klinieken

Bel in geval van spoed: 088 0100 998.

## Zorgkaart Nederland

Wij vinden uw mening erg belangrijk. Laat daarom uw waardering achter op [ZorgkaartNederland.nl](http://ZorgkaartNederland.nl)!



**Zorgkaart  
Nederland**  
Patiëntenfederatie Nederland

Wilt u een  
waardering  
achterlaten?