

## BAKED MUFFIN CHALLENGE PROTOCOL

(Suitable for baked egg and baked milk)

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### CHALLENGE PROTOCOL

**Note:** A maximum total of one muffin should be consumed at challenge

| Time   | Amount of muffin      | mg of milk protein | mg of egg protein |
|--------|-----------------------|--------------------|-------------------|
| 0      | 1/16 of a muffin      | 60mg               | 62mg              |
| 20 min | 1/8 of a muffin       | 120mg              | 125mg             |
| 40 min | 1/4 of a muffin       | 240mg              | 250mg             |
| 60 min | 1/4 of a muffin       | 240mg              | 250mg             |
| 80 min | Remainder of a muffin | 270mg              | 312mg             |
| Total  |                       | 930mg              | 1000mg            |

### OBSERVATION POST-CHALLENGE

2 hours

### HOME CONTINUATION

- No further muffin for 24 hours after challenge (to detect any delayed reactions).
- If no reaction 24 hours after challenge, child can continue to have baked muffin as per recipe at least once a week.

ASCIA Food Allergen Challenge Protocols have been developed to standardise protocols used by clinical immunology and allergy specialists in Australia and New Zealand. However, ASCIA takes no responsibility for any adverse outcomes that may occur using these protocols. It is important to note that food challenges:

- Are primarily used to determine if positive food allergy tests are associated with current clinical allergy.
- Should only be undertaken for patients who have been carefully selected by clinical immunology and allergy specialists or appropriately qualified and experienced medical practitioners in consultation with clinical immunology and allergy specialists.
- May provoke an allergic reaction in sensitised individuals and should therefore only be performed under medical supervision with immediate access to emergency treatment for anaphylaxis.

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Content updated 2015

Format updated June 2023

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