

COOKED EGG CHALLENGE PROTOCOL

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CHALLENGE SUBSTANCE: 1 large (~50 g) egg (= 45 g of egg white and yolk)

Preparation instructions

- 1 Beat one large egg (yolk and white) with a fork for 1 minute
- 2 Place in microwave
- 3 Cook at 10 second intervals, mashing the egg mixture with a fork each time.
- 4 Cook egg until it is rendered semi-solid (approximately a total of 30 seconds of cooking is sufficient)

CHALLENGE PROTOCOL

TIME	Teaspoon amount	g of cooked egg
0	Touch lip	Touch lip
20 min	$\frac{1}{8}$	0.6
40 min	$\frac{1}{4}$	1.25
60 min	$\frac{1}{2}$	2.5
80 min	1	5.0
100 min	2	10.0
120 min	Rest of egg (~2 & 2/3 teaspoon)	13.1
Total volume/g	6 $\frac{1}{2}$	32 g of cooked egg*

* equivalent to 45 g of uncooked egg white and yolk

Note: cooking process reduces volume of egg white and yolk from 45 g to 32 g.

OBSERVATION POST-CHALLENGE

1-2 hours

HOME CONTINUATION

- No further egg for 24 hours after challenge (to detect any delayed reactions)
- If no reaction 24 hours following a challenge, cooked egg should be introduced into diet.

ALTERNATIVES IF CHILD REFUSES TO TAKE THE ABOVE CHALLENGE

Try mixing each subsequent dose of egg that the child has not yet taken with one of the following substances (which child is known to be tolerant to) such as:

- Tomato sauce
- Apple puree
- Canadian maple syrup (contains water, sucrose, glucose, minute traces minerals, some B vitamins). Other maple syrups should not be used as they can potentially have other allergens, such as soy.

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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