

PEANUT BUTTER CHALLENGE PROTOCOL

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Peanut challenge may also be performed with crushed peanut- see single NUT challenge protocol

CHALLENGE SUBSTANCE: Peanut Butter

Equivalency of Peanut butter to	(Oil) Roasted Peanuts
1/8 teaspoon peanut butter	0.625 grams
1/4 teaspoon peanut butter	1.25 grams
1/2 teaspoon peanut butter	2.5 grams
1 teaspoon peanut butter	5 grams

CHALLENGE PROTOCOL - Day 1

Time	Peanut butter
0	Smear inside lip (not to touch outside lip)
20 min	1/8 teaspoon
40 min	1/4 teaspoon
60 min	1/2 teaspoon
80 min	1 teaspoon (minimum last dose to call challenge negative)
100 min	2 teaspoon (if tolerated)
Daily total	1 7/8 teaspoons

OBSERVATION POST-CHALLENGE

Generally for 2 hours

HOME CONTINUATION

Days 2-7: 2 teaspoons per day

After Day 7: Peanut products should be continued in diet at least weekly following a successful challenge.

NOTE: Reactions to smear inside the lip may be local (swelling at the site of application) or generalised (angioedema/urticaria at sites distant from application).

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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