

Crawford & Fitch - Ear, Nose and Throat

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Patient Name _____

Your food allergy test results show sensitivity to:

STEPS TO FOLLOW AFTER YOUR PROVOCATIVE FOOD TESTING

1. If you tested positive to a food, that food and its byproducts should be totally **ELIMINATED** from your diet for 2 weeks. The diet sheets will help you to understand where you may come in contact with the food and its byproducts. After the 2 week period, your system will be totally clear of any residues or reactions of the food and hopefully you will lose the symptoms caused by that food. During this time you should read labels carefully because many commercial food preparations have hidden ingredients that are used **REPETITIOUSLY**.
2. A **ROTARY DIVERSIFIED DIET** should be strictly followed. Try to eat fresh meat, fruit and vegetables: either baked, broiled or steamed. During this time you should keep your diet as simple as possible. If you do have symptoms, you will be able to identify which food caused the problem and eliminate it from your diet. Keep in mind that it takes 4 days for a food to clear your system, so a 4-day rotation of your non-reactive foods is a very healthful way for you to eat for the rest of your life. You must practice a rotary diversified diet or you will develop new food allergies. During the first 2-4 days of eliminating the food, your symptoms may become worse and you may feel very bad. You must not become alarmed from this worsening of symptoms and realize that you are experiencing a withdrawal phenomenon which will clear completely in 4-5 days. This worsening of symptoms is really a good sign and shows that you are truly allergic to the food. Remember to stay with the diet during this period and you will find that the symptoms will ultimately disappear.
3. After 2 weeks of elimination you should **RE-EVALUATE** your physical condition. How do you feel without the suspect food in your system? What symptoms are left and how is your overall condition changed?

4. You are now ready to **CHALLENGE** the food back into the diet to determine if the provocative test was correct. Try to pick a day to perform this challenge feeding test that is free of other distractions so that you can accurately determine your response. Refer to the blue manual for details in performing this challenge feeding test. Try to eat a large amount of the test food in its purest form at one sitting.

Example:

- Corn - a whole bowl of corn or grits. (plain)
- Milk - whole milk, 2-3 glasses if possible.
- Egg - 3-4 hard boiled eggs.
- Wheat - cream of wheat. (plain)
- Soy - soybean or tofu.
- Yeast - a cake of yeast or a packet of yeast with cold water.

After challenging a large amount of the food in its purest form, you should evaluate your symptoms for the next 2-3 hours. If you have no symptoms after 2-3 hours, a second feeding should be performed, and if this does not produce symptoms, you should try rotating the food back into the diet on a 4-day rotation basis.

Our goal is to eventually rotate all foods back into the diet, if possible. If you do not pass the challenge feeding test, you should take the allergic food out of your diet for a 1-month period and then try the challenge test again. Some foods will be easier to return to the diet than others, and there may be some foods that you never lose your sensitivity to. **IF THERE ARE CERTAIN FOODS THAT YOU FIND IMPOSSIBLE TO KEEP OUT OF THE DIET, THESE CAN BE ACTIVELY TREATED WITH FOOD INJECTIONS OR SUBLINGUAL DROP THERAPY.** Feel free to communicate your concerns and desires for further testing or treatment with the nurse and staff.