



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Oral Immunotherapy (OIT) Patient Checklist

Here are some tips to ensure a successful and safe challenge procedure. Please make sure your child is 100% healthy for the challenge as any illness can increase the chances of a severe reaction during the challenge procedure.

Fill out the checklist below to confirm your child is ready for the challenge visit.

My child hasn't needed to use albuterol in the past 24 hours	<input type="checkbox"/>
My child hasn't taken any antihistamines in the last 5 days	<input type="checkbox"/>
My child hasn't taken any ibuprofen (such as Motrin or Advil) or naproxen (Aleve) for at least 5 hours prior to the challenge procedure.	<input type="checkbox"/>
My child hasn't had a hot shower or bath prior to coming in for the challenge. (I know that my child should not take a hot shower or bath for 3 hours after the dosing.)	<input type="checkbox"/>
My child hasn't had any illnesses for 7 days at least	<input type="checkbox"/>
My child hasn't had any asthma flares that required the use of prednisolone, or Dexamethasone in the past 2 weeks.	<input type="checkbox"/>

If you were able to check all items in the checklist you can feed your child a meal and come for the challenge visit. If you were not able to check all the items in the list call the clinic at: 734-647-5940 to let us know.

Bring with you all 3 of the following options to be used during the challenge test.

Peanut butter

a. Brand: Skippy or Jif (smooth)

❑ Peanut Flour

a. *Brand: Peanut-Byrd Mill Light 28% fat flour*

Read the label - 1/4th cup should have 9 grams of protein

❑ Peanut Butter Cereal

a. *Brand: Captain Crunch Peanut Butter Cereal*

Read the label - 1 cup of cereal has 3 grams of protein

Please bring mini measuring spoons with 1/64th teaspoon minimum measure or lower. You can find them in houseware stores or online. Here is an example:

<https://www.amazon.com/Mini-Measuring-Spoons-Ingredients-Teaspoon/dp/B07F1M73G3>



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