

You/your child has a baked egg challenge scheduled on _____ at _____.

1. Please remember to avoid medications that may interfere with testing, such as Claritin, Zyrtec, or Allegra for 7 days prior to testing. Benadryl may be taken up to 24 hours prior to testing. See the "Medications to Avoid" sheet for further information.
2. Muffins/cupcakes will need to be prepared at home and brought to the visit.
3. Please bring 2 large muffins/cupcakes (made in a 6 muffin/cupcake pan) or 4 small muffins/cupcakes (made in a 12 muffin/cupcake pan). No batter should be left over.
4. You may use a packaged muffin/cake mix or other cake type recipe that contains egg. Be cautious, as the muffin/cupcake mix may contain other ingredients that your child is allergic to. If your child has other food allergies, please utilize appropriate substitutions.
5. In place of the package directions, add 2 large eggs to the recipe, even if the package directions call for a different number of eggs to be added.
6. Distribute all the batter equally among the muffin/cupcake cups. No batter should be left over.
7. Bake for 30 minutes at 350 degrees. DO NOT follow package directions for baking time.
8. **If the batter is not cooked sufficiently, we may have to cancel the challenge. Please follow the directions carefully in order to ensure that your child gets enough egg protein to complete the challenge successfully.**

If you/your child passes the challenge:

- Regular ingestion of baked-egg products **at least once daily is necessary to prevent re-sensitization.**
- Baked products (muffins, cake, cupcakes, bread) **must be HOMEMADE and WELL COOKED (350 degrees for 30 minutes or more, with one or two eggs in the batter).**
- If your child tolerates homemade and well-cooked baked egg products, he/she may have store bought baked products **as long as egg is NOT the 1st or 2nd ingredient listed.**
- Patients successfully completing baked egg challenge should continue to strictly avoid: egg containing salad dressing (e.g. Caesar), custard, hard-boiled, scrambled, or poached eggs; French toast, frosting or icing, ice cream, mayonnaise, meringue, quiche, and any other form of egg which may not have been baked thoroughly. **If you are not sure about a food, avoid it.**

Reference: Lemon-Mule, H. Sampson, H.A., Sicherer, S.H., Shreffler, W.G., Noone, S., Nowak-Wegrzyn, A. (2008). Immunologic changes in children with egg allergy ingesting extensively heated egg. *Journal of Allergy and Clinical Immunology*, 122(5), 977-983.