
Oral Challenge with Penicillin-Related Antibiotic ~ Adverse Reactions Clinic ~

What is an oral challenge?

Since your allergy skin tests with penicillin-related substances were negative, you need to do an oral challenge. This means you take a very small dose of penicillin by mouth every day for about a week. The amount you take increases each day until you get up to a single normal treatment dose.

Before you start the oral challenge...

Check the skin tests on your arm in 2 days:

- **If there is NO reaction**, you can start the oral challenge.
- If you have red itchy swelling, **do not start the oral challenge**. Call the doctor you saw in the clinic and leave a message to call you back.

Steps for the Oral Challenge:

Remember: Do not use any antihistamines during the challenge if this is possible.

Day 1 Crush the tablet or open the capsule so that the medicine is in powder form in a small bowl. Take a very small amount of the medicine that can barely be seen on the tip of a spoon and put it in a ½ cup (125 cc) of water. Mix the medicine in the water. Drink 1 teaspoon of the water. Save the powder. Throw out the water.

Day 2 Take a small amount of powder and mix it in a ½ cup (125 cc) of water. Drink 6 teaspoons of the water. Save the powder. Throw out the water.

Day 3 Take a small barely visible trace of the powder and put it directly onto your tongue. Drink some water to wash the powder down.

Day 4, 5, 6 Increase the amount of powder taken each day so that on day 6 you take 1 whole tablet or capsule.

Day 7 Take 1 whole tablet or capsule. This is the end of the challenge.

If you have any problems during the oral challenge:

1. **Stop the medication.**
2. Contact your doctor:
 - For Dr. Keith or Dr. Wasserman, call Anna at 905-521-2100 extension 76374 or ask for paging to locate your doctor. Leave a message stating your full name, the name of your doctor (Dr. Keith or Dr. Wasserman), and your contact telephone number.
 - For Dr. Greenbaum, call 905-522-7703.
3. Wait until your doctor returns your call and tells you what to do.

If you do not have any problems during the oral challenge:

1. Contact your doctor's office:
 - For Dr. Keith or Dr. Wasserman, call Anna at 905-521-2100 extension 76374 and state that you completed the challenge without a problem.
 - For Dr. Greenbaum, call 905-522-7703
2. Leave a message spelling your full name, the doctor you saw and your telephone number in case we need to reach you.
3. Your doctor will be advised that you have finished the oral challenge.
4. This information is also added to your health record.

What do the results of these tests mean?

If you were able to complete this test, the skin tests and oral challenge show that you may be able to have penicillin-related medications without a severe reaction. The tests show if you are allergic at the time of testing only. The tests do not predict who might develop a reaction after many days of treatment. Fortunately, the reactions which occur later in treatment tend to be less severe and are less of a worry.

These tests cannot predict who might become allergic later, after taking the medicine a number of times. Anyone can become allergic at any time. If you have a reaction in the future, you would need to return to the clinic for another assessment.

When allergy skin tests are negative and the oral challenge is negative, it is all right to use a penicillin-related antibiotic when needed. We suggest you take about 1/10 the normal dose of the penicillin-related antibiotic and wait 3 hours.

If there are no problems you can go ahead with the rest of the treatment.