

Allergy Consultants, P.A.

Specialists in Pediatric and Adult Allergy, Asthma, and Sinus Disease

Arthur F. Fost, M.D. • David A. Fost, M.D. • Antonio A. de la Cruz, M.D. • Satya D. Narisety, M.D.

Discharge Instructions for Egg

Congratulations you have successfully completed an oral challenge in our office!

Refrain from eating the food until the next day because of the small possibility of a delayed reaction.

Regular ingestion of the food is recommended.

Egg 1 – 3 servings/day in baked form at least 3 times a week

Dietary guidelines to include egg baked food products

Allowed

- Store-bought baked goods (such as rolls, muffins, cupcakes, cookies, crackers, and bread) with egg listed as the 3rd ingredient or further down the list of ingredients.
- Home-baked products that have 1 egg per 1 cup flour or 1 to 2 eggs per batch of a recipe (yield 6 servings) If home-baked products are offered, we recommend feeding 1 serving at a time (with at least 2 hours between servings)
- Home baked items with center that is thoroughly cooked through (not moist or soft). Products should be baked in individual serving size; cupcake, not cake; brownie muffins, not brownies; rolls not bread.
- Remember to check store-bought products and ingredients based on the patients other food allergies in order to avoid a reaction to other allergens.

Examples of products that have egg and do not qualify as baked egg: Caesar salad dressing Custard Eggs in natural form: hard-boiled, scrambled, poached, etc French toast, frosting for cakes and pastries Mayonnaise, and Quiche. **These should all be avoided.**

WWW.SNEEZEDOCTORS.COM

197 Bloomfield Avenue
Verona, NJ 07044
(973) 857 – 0330
Fax (973) 857 – 0980

89 Sparta Avenue
Sparta, NJ 07871
(973) 726 – 8850
Fax (973) 726 – 8924