

Medication Challenge

You have been booked for a medication challenge appointment.

What is a medication challenge?

During a medication challenge, you will receive a small dose of a specific medication that it is suspected you are allergic to. Medication challenges at St. Joseph's Hospital are performed within the Allergy and Immunology Clinic, in a controlled environment and under the supervision of an allergist.

Why do we perform medication challenges?

Medication challenges allow an allergist to determine if an individual is allergic to a specific medication or class of medications.

Information about your medication challenge

- Your appointment will take between approximately one to six hours
- You will **not** be able to leave the clinic for any reason during your medication challenge, including buying coffee or lunch. Please be sure to bring any necessary items for the duration of your appointment.
- You may want to consider bringing a book to read or something to keep you occupied.
- If you have any kind of reaction during the medication challenge, you may not feel well enough to get home independently. Please plan to have a driver with you or contact information available in case you need transportation.

After your medication challenge:

- Avoid vigorous exercise for two hours after your challenge. This includes jogging, brisk walking and gym workouts.
- Although you may not have experienced any reaction during your challenge in our clinic, it is possible to experience a delayed reaction later in the day.
- Systemic/severe reactions after your challenge are rare but can occur.

Symptoms may include:

- Swelling in the throat
- Wheezing
- A feeling of tightness in the chest
- Nausea
- Dizziness

In case of a severe reaction, please go to the nearest Emergency Department. **Do not wait to contact the clinic.**

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You may contact the Allergy Clinic during regular office hours at 519 646-6000 ext. 61353, for questions related to minor reactions. Please note – **this is not a substitute for emergency care.**

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