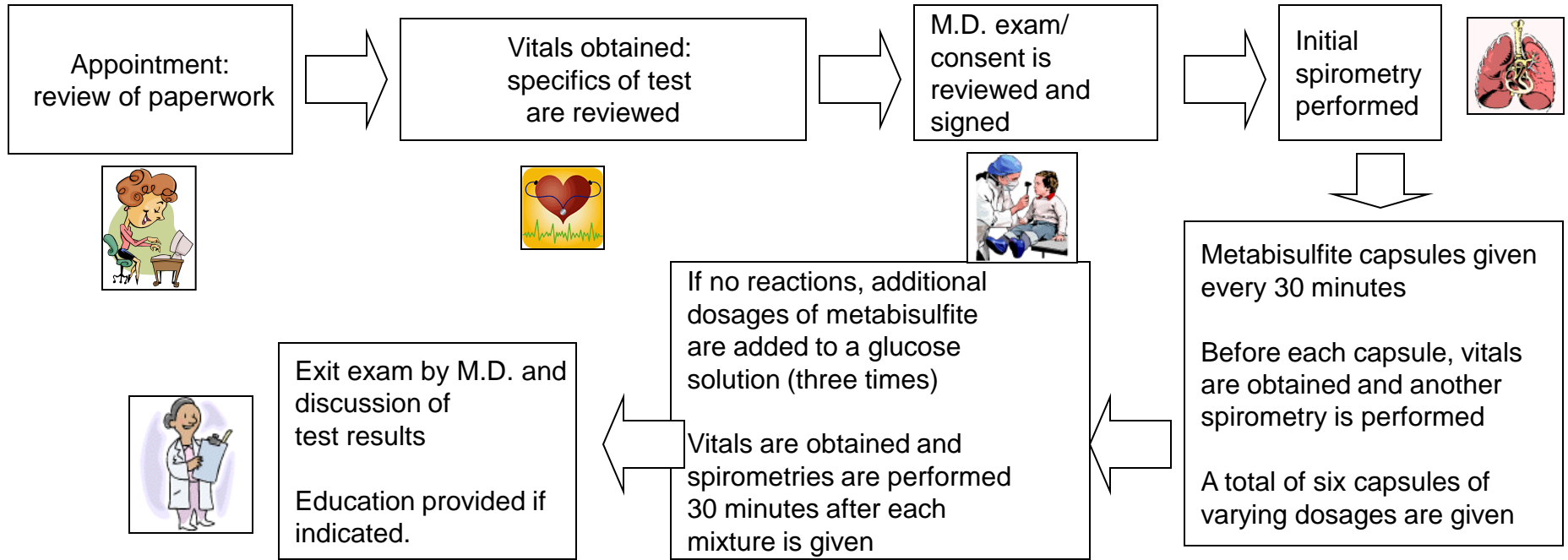




# Hackensack University Medical Center

## The Center for Allergy, Asthma, and Immune Disorders, P.A.

### Metabisulfite Challenge



#### Please Note:

- Be prepared to remain at the Center for **six to seven hours**
- Stop using all antihistamines (Alavert®, Allegra®, Antivert®, Benadryl®, Clarinex®, Claritin®, Tavist®, Zyrtec®) **one week** prior to challenge
- Light breakfast can be eaten before challenge:
- Be sure to eat “safe” sulfite free foods: this can be discussed with staff before challenge
- Wear comfortable clothing and bring work or reading material to occupy your time
- If this challenge is for a child, a parent or guardian needs to accompany him/her at all times
- We will call to confirm the appointment. If you cannot keep the appointment, or have any questions, please call 201-996-2065, otherwise you will be charged for missed appointment