Allergy Bazaar – Station 10

Food challenge materials

Standardised Food Challenges from EuroPrevall

Carol-Ann Costello, Anuradha Balsundaram, Anya-May Hope, Justin Marsh, Phil Johnson, Clare Mills
Institute of Inflammation and Repair, Manchester Academic Health Science Centre and Manchester Institute of Biotechnology,
The University of Manchester, UK

- There is a common consensus that the double blind placebo controlled oral food challenge ("DBPCFC"); is the ‘gold standard’ for food allergy diagnosis;
- However, undertaking DBPCFC, is difficult due to the lack of standardised food challenge materials.

The EuroPrevall dessert matrix

- In order to address the needs of multi-site clinical studies in EuroPrevall a dessert-style matrix was developed for undertaking DBPCFC (Cochrane et al 2012).
- Allergenic ingredients are blinded into the matrix, which is shipped as a dry paste and reconstituted at the point of use using bottled still water.
- The dessert matrix was used effectively for blinding peanut, hazelnut, egg, milk and fish in the EuroPrevall project


Take-home message

The EuroPrevall challenge matrix is now being adapted and used for
- Multi-centre studies, including immunotherapy trials;
- Confirmation of allergy in routine settings, including use in a single blind fashion.

This work is partly supported by the UK National Institute of Health research through the South Manchester Respiratory and Allergy Clinical Research Facility

Manchester Institute of Biotechnology

National Institute for Health Research

EuroPrevall

Important: Keep the reconstituted dessert base chilled and consume within 24 hours

Store at 4°C for 30 min

Mix again before serving

15g base dessert

35ml still bottled water

Add water gradually, mixing to form a smooth paste

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