

The Nasal Food Challenge Protocol				Test date
Name (first, last)				Gender M <input type="checkbox"/> F <input type="checkbox"/> Age
*Exclusion criteria				
History of anaphylactic shock; <input type="checkbox"/>	Nose deformations; <input type="checkbox"/>	Atrophic rhinitis; <input type="checkbox"/>	History of vaccination within the last week; <input type="checkbox"/>	
Surgeries within the last; 8 weeks; <input type="checkbox"/>	Upper respiratory tract infections; <input type="checkbox"/>	Exacerbation of an allergic disease; <input type="checkbox"/>	Uncontrolled asthma; <input type="checkbox"/>	
Lower respiratory tract diseases involving severe airway restriction or obstruction; <input type="checkbox"/>	Contraindications to adrenaline, pharmacotherapy including β -adrenolytics and ACEIs; <input type="checkbox"/>	Lack of access to equipment and medications necessary for the treatment of anaphylactic shock; <input type="checkbox"/>	Significant natural exposure to allergen resulting in a risk of anaphylaxis; <input type="checkbox"/>	
Systemic immunotherapy; <input type="checkbox"/>	Severe heart disease; <input type="checkbox"/>	Severe systemic diseases; <input type="checkbox"/>	Pregnancy <input type="checkbox"/>	
control solution challenge				
Subjective assessment (VAS)	nasal itching	0	_____	10
	number of sneezes	0	_____	10
	discharge	0	_____	10
	obstruction	0	_____	10
Objective assessment (OR)	RMM	PA/cm ³ /s.		
	PNIF	L/min.		
	RA	CSA-1 (cm ²) CSA-2 (cm ²)		
	**RO	ΔE		

Notes					
*allergen challenge (certain doses of allergens: 12.5, 25, 50, and 100 µg)					
Subjective assessment (VAS)	nasal itching	0		10	
	number of sneezes	0		10	
	discharge	0		10	
	obstruction	0		10	
Objective assessment (OR)	RMM	PA/cm ³ /s.			
	PNIF	L/min.			
	RA	CSA-1 (cm ²) CSA-2 (cm ²)			
	**RO	ΔE			
Notes					
*positive challenge test		*moderately positive challenge test		*negative challenge test	
VAS/≥55 mm	Objective technique	VAS/≥23 mm		VAS/no discomfort	
	RMM/≥40% flow reduction at 150 Pa		RMM/≥20% flow reduction at 150 Pa		RMM/no flow reduction
	PNIF/≥40% flow reduction		PNIF/≥20% flow reduction		PNIF/no flow reduction
	RA/≥40% reduction in CSA-2		RA/≥20% reduction in CSA-2		RA/no reduction in CSA-2

	**RO/ Δ E: increase by 40%		**RO/ Δ E: increase by 20%		RO/ Δ E: no increase	

* EAACI Position paper on the standardization of nasal allergen challenges [5], ** Wüstenberg et al./0.52 OD [12]

Table S1. The Nasal Food Challenge Testing Protocol.