Manifestations of anaphylaxis during physical activity

Skin prick test/serum specific IgE antibodies to food

IgE test results concordant with convincing history

IgE test results and discordant with history

Negative IgE test results and unclear history

Positive IgE test results

Elimination diet

Exercise challenge test on fasting

Exercise test after a meal and after intake of suspected foods

Negative

Positive

Avoidance of triggering factors
Anaphylaxis emergency action plan
Periodical review