

Manifestations of anaphylaxis during physical activity

Skin prick test/serum specific IgE antibodies to food

**IgE test results
concordant
with convincing
history**

**Positive IgE test
results and
discordant
with history**

**Negative IgE test
results
and unclear
history**

**Consider
exercise test
combined with
drugs,
extreme
environmental
conditions,
intake of more
foods**

Elimination diet

Exercise challenge test on fasting
Negative

Negative

**Exercise test after a
meal and after intake
of suspected foods**

Positive

Positive

**Avoidance of triggering factors
Anaphylaxis emergency action plan
Periodical review**