

Ingestion Challenge Test or Double Blind Food Challenge

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<u>Coverage Policy</u>	Medical 140
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Member-specific benefits take precedence over medical policy and benefits may vary across plans. Refer to the individual’s benefit plan for details ^{*}.

Purpose:

This policy addresses the medical necessity of Ingestion Challenge Test or Double Blind Food Challenge.

Description & Definitions:

Oral Food and Drug Challenges generally are conducted using a gradual feeding of the test food or suspected drug under close observation. The test usually results in a definitive conclusion about whether the food or drug was tolerated.

Criteria:

Oral Food and Drug Challenges is medically necessary for **1 or more** of the following:

- Food allergy or other substances (i.e., metabisulfite);
- Drug allergy when **ALL** of the following are met:
 - History of allergy to a particular drug;
 - Treatment with that drug class is essential;
 - There is no effective alternative drug

Oral Food and Drug Challenges is considered **not medically necessary or contraindication** for any use other than those indicated in clinical criteria, and in individuals with a history of, to include but not limited to:

- Blistering dermatitis (eg, Stevens-Johnson syndrome, toxic epidermal necrolysis)
- Sloughing of the skin
- Severe generalized hypersensitivity reactions involving internal organs (drug-induced hypersensitivity syndrome/drug reaction with eosinophilia and systemic symptoms [DiHS/DRESS])
- Milder dermatoses with mucous membrane lesions (eg, erythema multiforme)

Coding:

Medically necessary with criteria:

Coding	Description

95076	Ingestion challenge test (sequential and incremental ingestion of test items, eg, food, drug or other substance); initial 120 minutes of testing
95079	Ingestion challenge test (sequential and incremental ingestion of test items, eg, food, drug or other substance); each additional 60 minutes of testing (List separately in addition to code for primary procedure)

Considered Not Medically Necessary:

Coding	Description
	None

Document History:

Revised Dates:

- 2023: September – Unarchived
- 2018: September - Archived
- 2015: July
- 2014: October
- 2013: January
- 2010: July

Reviewed Dates:

- 2016: April
- 2015: July
- 2014: July
- 2013: July
- 2012: July
- 2011: July
- 2010: July
- 2009: July

Effective Date:

- July 2008

References:

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Special Notes: *

Medical policies can be highly technical and complex and are provided here for informational purposes. These medical policies are intended for use by health care professionals. The medical policies do not constitute medical advice or medical care. Treating health care professionals are solely responsible for diagnosis, treatment, and medical advice. Sentara Health Plan members should discuss the information in the medical policies with their treating health care professionals. Medical technology is constantly evolving, and these medical policies are subject to change without notice, although Sentara Health Plan will notify providers as required in advance of changes that could have a negative impact on benefits.

Services mean both medical and behavioral health (mental health) services and supplies unless We specifically tell You otherwise. We do not cover any services that are not listed in the Covered Services section unless required to be covered under state or federal laws and regulations. We do not cover any services that are not Medically Necessary. We sometimes give examples of specific services that are not covered but that does not mean that other similar services are covered. Some services are covered only if We authorize them. When We say You or Your We mean You and any of Your family members covered under the Plan. Call Member Services if You have questions.

Keywords:

Oral challenge, allergy testing, tolerance testing, Ingestion challenge, blind food challenge, Medical 140

