

Discharge information after a food or medicine challenge

Information for parents and carers



Leeds children's
hospital

caring about children

Date of challenge / /

Food / Medicine Challenged:

Please ensure that your child remains under adult supervision overnight, and that antihistamines are readily available.

Discharge Information – Food Challenge

If your child has successfully passed their food challenge, please introduce the food into their diet gradually and **consistently**, as tolerated.

If your child has not passed their food challenge, please continue to avoid the food in your child's diet.

Discharge Information – Medicine Challenge

If your child has successfully passed their medicine challenge, please continue giving their medicine over the next few days as instructed (usually this will be twice a day for three days, starting the morning after their challenge).

If you have any concerns regarding the medicines, do not give any further doses and discuss your concerns with the Children's Allergy Nurse or another health professional.

After your child has finished taking the medicines at home – **you must contact the Allergy Nurses to inform them so your child's clinical details can be updated.**

If your child has not passed their medicine challenge, please continue to avoid the medicine.

Allergic Reactions:

If your child had an allergic reaction during their challenge today, please ensure they do not participate in vigorous activities for the rest of the day and keep a close eye on them.

Most allergic reactions are immediate or occur within 1 - 2 hours after eating the food or taking the medicine. Very rarely, a **DELAYED** allergic reaction may occur, and your child will become unwell at home. This may include an eczema flare or gastrointestinal symptoms (tummy ache / diarrhoea).

If the delayed reaction is mild – give your child an oral antihistamine.

Some children can experience a late-phase acute allergic reaction that can occur 8 - 12 hours after the initial allergic reaction. If this occurs, please give your child their antihistamine and any other medicines (i.e. blue inhaler) as needed.

If their allergic reaction is severe (difficulty breathing, collapse) - administer their adrenaline auto-injector© (if prescribed) and **call 999**.

Please inform the Children's Allergy Team (numbers on next page) as soon as possible if your child experiences an allergic reaction following a challenge, or if they experience a flare in their eczema or have diarrhoea / vomiting 1 - 3 days after their food challenge (even if the challenge was successful on the day).

If you have any questions or concerns, please contact:

Children's Allergy Nurses

Telephone: **(0113) 392 0681**

Email: **leedsth-tr.allergy@nhs.net**

Further Information:

Anaphylaxis Campaign – www.anaphylaxis.org.uk

Allergy UK – www.allergyuk.org

Successful Food Challenge Dietary Advice

Starting the **day after the challenge**, give one age-appropriate portion of food daily for a week before being allowed freely in the diet.

Below are examples of the foods that could be given in the first week, depending on what food is being reintroduced.

Wheat	<ul style="list-style-type: none"> • Wholemeal or unbleached white flour for baking • Pasta • Shredded Wheat • Puffed Wheat • Weetabix • Bread (white or brown)
Cows' milk	<ul style="list-style-type: none"> • Fresh cows' milk • Cream • Butter • Plain yoghurt • Milk containing foods with tolerated ingredients, e.g. rice pudding • Cheese
Soya	<ul style="list-style-type: none"> • Soya yogurt • Soya cheese • Bread containing soya • Soya as an ingredient in foods • Edamame beans • Tofu

Well - cooked egg	<p>Include only foods containing well cooked egg :</p> <ul style="list-style-type: none"> • Cakes • Biscuits • Dried egg pasta • Egg in sausages • Pancakes • Yorkshire pudding (well cooked - no sticky batter inside) • Quorn • Sponge cake • Waffles
Lightly-cooked Egg	<p>Use one whole fresh egg per day scrambled, fried, boiled or poached.</p> <p>Do NOT introduce raw egg into your child's diet until lightly cooked egg has been well established for at least 6 months.</p>
Peanuts	<p>Small handful of peanuts plain or salted (not safe for children under 4 years).</p> <p>Peanut butter (small spoon) spread on bread or added to cooking sauces</p>
Other nuts	<p>Try singly or mixed, small handful per day (not safe for children under 4 years).</p>
Other foods (not listed above)	<p>One child-sized portion per day</p>



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