

## Paediatric allergy

# Following your inconclusive food challenge/supervised feed

## Information for patients, parents and carers

Name: \_\_\_\_\_

Food tested: \_\_\_\_\_

Date of challenge: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Introduction

Unfortunately, the outcome of your child's food challenge or supervised feed is unclear (inconclusive). This could be because your child could not manage to finish all the food doses required, or because they experienced some mild or subjective symptoms that we cannot confirm were an allergic reaction.

It is still unclear whether your child is allergic to the food tested and therefore, we advise **that your child avoids this food**, as this is the safest approach.

Before being discharged, the allergy nurses will ensure that:

- a copy of the challenge outcome is sent to you and your GP with any follow up plans
- the notes are passed on to your child's consultant to ensure that any change in the emergency food allergy action plan is made, and appropriate follow-up in clinic with the allergy team or your GP is in place, as required

The allergy nurses might offer to repeat the food challenge on a different day, if appropriate.

### Next steps

If your child has experienced any symptoms, they will only be discharged once these are settled and you are happy to go home. We advise you to observe your child for the next two days and take the following precautions once discharged:

- your child should avoid exercise, active play and activities for the rest of the day as this could bring on a delayed reaction. Exercise can make an allergic reaction worse, so encourage quiet play and activities such as watching TV or reading
- if the reaction is completely settled, your child can go to school and continue with their daily activities the next day
- some children may have a further reaction after the challenge. These may be:

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**Mild reactions or delayed reaction:**

- rash
- gut symptoms (e.g. tummy pain, loose stools - poo - or vomiting)
- eczema flare-up

These can happen from two hours to two days after the challenge. Most do not require any treatment, but antihistamines or eczema treatments can be useful. Please follow your child's food allergy action plan (if they have one).

**Serious allergic reactions:**

- airway or breathing problems (with coughing, wheezing, noisy or difficulty breathing)
- general wellbeing (with sleepiness, reduced responsiveness, looking v pale or floppiness)

In the very unlikely event of this happening, please follow your child's emergency food allergy action plan and call 999 to get an ambulance and immediate medical support.

**What should I do in an emergency?**

In the very unlikely event of your child having a serious allergic reaction, please follow your child's emergency food allergy **action plan** (if available) and **call 999** to get an ambulance and immediate medical support.

**Who to contact with queries or concerns****Paediatric allergy nurses (for allergy-related health queries)**

E-mail: [thh-tr.PaedAllergy@nhs.net](mailto:thh-tr.PaedAllergy@nhs.net)

Call: 01895 279721

**Paediatric allergy secretary (for letters/treatment plan/appointment queries)**

Call: 01895 238282 extension 2932

E-mail: [Kerry.mills1@nhs.net](mailto:Kerry.mills1@nhs.net)

**Paediatric day care unit**

Call: 01895 279245 or 01895 279530

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## Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

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رابطہ کرو

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Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

شريطة شكل أو الة بيرة بالأحرف أخرى، بلغة المعلومات هذه على الحصول ودة نت إذا

01895279973 الة تالاي بالرقم الاتة صال يرجى صوتي،