

Paediatric allergy

Following your successful food challenge/supervised feed

Information for patients, parents and carers

Name: _____

Food tested: _____

Date of challenge: ____ / ____ / ____

Introduction

Congratulations! Your child has successfully completed the hospital-based part of the food challenge. It is now important that you follow the advice below.

Next steps

The allergy nurse 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

Although it is unlikely for your child to experience an allergic reaction at this stage, 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 allergic symptoms more easily
- your child can go to school and continue with their daily activities the next day
- do not give your child the tested food for the next 48 hours
- keep a close eye on your child to ensure there are no signs of a reaction, as follows:

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.

Serious allergic reactions:

- airway or breathing problems (with coughing, wheezing, noisy or difficulty breathing)
- general wellbeing (with sleepiness, reduced responsiveness, paleness or floppiness).

In the very unlikely event of this happening, please follow your child's emergency allergy action plan (if they have one), or call 999 to get an ambulance and immediate medical support.

Introducing the food into your child's diet:

If, as expected, your child has not experienced any allergic symptoms for two days after their food challenge, they are no longer allergic to it. It is essential to introduce this food into your child's diet in normal portions regularly (at least twice a week with no gaps of two weeks or more). Significant delays in regular introduction can sometimes result in the allergy returning.

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

Call: 01895 279721

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

Call: 01895 238282 extension 2932

E-mail: Kerry.mills1@nhs.net

Paediatric day care unit

Call: 01895 279245 or 01895 279530

Languages/ Alternative Formats

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

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

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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 الك بيرة بالأحرف أخرى، بلغة المعلومات هذه على الحصول تودك انت إذا

01895279973 ال تالي بالرقم الاته صال یرجى صوتي،