

Paediatric allergy

Following your unsuccessful food challenge/supervised feed

Information for patients, parents and carers

Name: _____

Food tested: _____

Date of challenge: ____ / ____ / ____

Introduction

Your child has reacted at their hospital food challenge. This means **your child is allergic to the food tested** and **this food must be strictly avoided**.

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

Next steps

Your child will only be discharged today once their reaction has settled and it is medically safe for them 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 usual activities the next day
- some children may have a further reaction after the challenge. These may be:

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 (coughing, wheezing, noisy or difficulty breathing)
- general wellbeing (sleepiness, reduced responsiveness, paleness 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

Call: 01895 279721

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

Call: 01895 238282 extension 2932

Email: 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

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਰੂਪ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ ਪਤਾ ਕਰਨ ਲਈ 01895 279973 ਤੇ ਸੰਪਰਕ ਕਰੋ

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رابطہ کرو

தயவுசெய்து, வேற்று மொழிகளில் இத் தகவல்கள், கட்டுமானம் தேவையெனில், கேளுங்கள்.! தயவுசெய்து 01895 279973 இலக்கத்துடன் தொடர்பு கொள்ளுங்கள்.!

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。

شريد ط ب شكل أو الك بيرة بالأحرف أخرى، ب لغة المعلومات هذه على الحصول تود ك نت إذا

01895279973 ال تالي بالرقم الات صال رجوى صوتي،