

# Discharge advice after a food challenge

Paediatrics

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



## Introduction

Your child has attended a hospital-based food challenge. The challenge has either been:

1. **Unsuccessful** – your child has had allergy symptoms to the food challenged. Please continue to **avoid** the food in your child's diet
2. **Successful** – no allergy symptoms to the food challenged. The food must be re-introduced gradually, regularly and consistently

Once you are at home, monitor your child as some children may have a delayed reaction which can occur up to 48 hours after the challenge.

## Signs of a mild or moderate reaction

- Feeling sick or vomiting
- Diarrhoea
- Tummy ache
- Eczema flare
- Runny nose or eyes
- Swelling to the face, eyes or lips
- A blotchy and bumpy rash that may be widespread, also known as hives or urticaria
- Mouth itching

If any of these symptoms occur, please follow your child's allergy action plan. If you are concerned or your child's eczema has flared, please book a GP appointment or attend the Urgent Care Centre.

## Signs of a severe allergic reaction

- Swollen tongue
- Hoarse voice or hoarse cry
- Difficulty in breathing such as sucking in at the ribs, neck or tummy
- Wheezing which sounds like a whistling sound
- Persistent cough
- Pale in colour
- Tired or more sleepy than usual
- Floppy
- Dizziness
- Collapse
- Unconsciousness

Please contact the Children's Outpatient Department on **01902 695180** with a detailed description of your child's reaction at home following the food challenge, this information will then be passed on to your child's allergy team.

### **Severe allergic reaction requires immediate attention - call 999.**

If your child has been prescribed an Epi Pen, follow their allergy action plan and administer. Repeat the dose after five minutes in the opposite leg if symptoms persist or you are concerned.

If your child has an inhaler for asthma symptoms, follow the asthma action plan.

## Following a successful challenge (no reaction during the challenge):

- The day after the food challenge, give one age appropriate portion of food daily for a week and then allow your child to eat the food freely in the diet, such as two to three times per week
- Keep the food in the diet with no gaps of two weeks or longer

- If your child has had a successful food challenge to a nut (such as hazelnut, walnut or cashew), we would recommend that they only have the nut in a controlled environment such as at home to avoid accidental exposure

Below are examples of foods that could be given in the first week, depending on what your child's food challenge was for. For foods not listed, try one portion per day.

<b>Wheat</b>	Wholemeal or white flour for baking, pasta, Weetabix, white or brown bread, Shredded Wheat.
<b>Cows milk</b>	Fresh cows milk, cream, butter, yoghurt, cheese, rice pudding.
<b>Soya</b>	Soybeans, tofu, soya milk.  Food that often contain soya: bread, breakfast cereal, biscuits, cakes or pastries, chocolate, processed meats such as burgers, sausages or nuggets.
<b>Baked / well cooked egg</b>	Cakes, dried egg pasta, pancakes, yorkshire pudding, waffles, Quorn, sponge cake.
<b>Lightly cooked egg</b>	Use one fresh egg per day scrambled, fried, boiled or poached. Do not introduce raw egg into your child's diet until lightly cooked egg has been tolerated for six months.
<b>Peanut</b> (Whole peanuts not suitable for younger children)	Peanut butter (small teaspoon amount) spread on bread or added to cooking sauces, small portion of salted or plain peanuts in older children.
<b>Tree nuts</b> (Hazelnut, pistachio, cashew, walnut whole nuts not suitable for younger children)	Spreads or sauces, chocolate bar, cakes, try small portion of nuts in older children.

## Helpful links

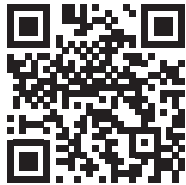
Anaphylaxis - Allergy UK

<https://www.allergyuk.org/about-allergy/anaphylaxis/>



Anaphylaxis UK - Supporting people with serious allergies

<https://www.anaphylaxis.org.uk/>



(Adapted from Sandwell and West Birmingham Hospital NHS Trust)

## Contacts

Children's Outpatient Department on **01902 695180**.



## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。