

MRN

Food Challenge today:

Your child has successfully completed the hospital based part of the food challenge.

The challenge has either been:

- **Positive** – had symptoms to the food and must avoid the foods now.
- **Negative** – No reaction to the food. The food must be re-introduced.

Once home, your child should avoid strenuous play and activities for the rest of the day as this could bring on a delayed reaction.

Some children unfortunately may have a delayed reaction which can occur 6 – 48 hours after the challenge. The sign of an allergic reaction may be:

- Nausea and vomiting
- Diarrhoea
- Tummy ache
- Worsening of their eczema
- Runny nose and eyes
- Swelling of face, eyes hands and feet
- Pale and floppy
- Generalise blotchy rash
- Hives anywhere on the body
- Wheezing and coughing
- Itching and swelling in the mouth
- Tight throat
- Difficulty in breathing or swallowing
- Weakness or floppiness

If a reaction occurs:

- Follow your child's treatment plan.
- See your GP if it is an increase in eczema or a mild reaction.
- Attend your local ED if the reaction is severe or includes difficulty in breathing.

If worried, ring 999

Following a NEGATIVE challenge i.e. NO reaction to the food

The food should initially be avoided for 48 hours to observe for delayed reactions.

After 48 hours

Cow's milk, egg, wheat and soya

A portion should be given every day for 5 days post the challenge and then into a normal diet regularly such as 2-3 times a week. Keep it in the diet with no gaps of 2 weeks or more.

All other food challenges

A portion of the food should be given 2-3 times a week regularly in the normal diet. Keep it in the diet with no gaps of 2 weeks or more.

Nut Allergies

If your child has passed a nut challenge but still is allergic to other nuts, we would recommend that they only have the nuts in a controlled place for example at home, to avoid accidental exposure to the other nuts.

If your child has had a delayed reaction or if you have any concerns, please contact the allergy team on:

Allergy team secretaries – 01803 654824

Allergy nurse – 01803 655868

Short Stay Paediatric Unit – 01803 655492

**For more
information contact:**

**Short Stay
Paediatric
Assessment Unit**

**Telephone: 01803
655492**

**Monday to Friday
8.30am to 9.00pm**



**PATIENT
INFORMATION**

**SHORT STAY PAEDIATRIC
ASSESSMENT UNIT**

**Information for
parents/carers**

**Following your Child's
Food Challenge**

