

## PATIENT INFORMATION

# Following your child's food challenge

## Information for parents / carers

***Your child has successfully completed their hospital-based part of the food challenge***

Foods challenged today;

The challenge has either been:  
Positive (fail)—had symptoms to the food and must avoid the food now.  
Negative (pass) - had no reaction to the food.

The food must be re-introduced into your child's diet. 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**

***If your child has had a delayed reaction or if you have any concerns, please contact us on:***

SSPAU-Short Stay Paediatric Assessment Unit (08:30am to 9:00pm): 01803 655492

Louisa Cary Ward (out of hours): 01803 655526 / 01803 655531

***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 food 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 your child's normal diet. Keet 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.

***Useful Allergy information websites***

<https://www.allergyuk.org/>

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

<https://www.theallergyteam.com/>

<https://allergylifestyle.com/>

<https://www.epipen.co.uk>

<https://www.eczema.org/>

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.