

## Children's Supervised Feed

Patient name: .....
NHS no: .....
Hospital no: ..... <small>Please affix patient ID label within this box</small>
DOB: .....

**Food to be used:**

- **Desensitisation:** This is when it is felt your child may be able to tolerate small amounts of baked milk or egg to try and speed up tolerance to the food.

### Stop any antihistamine treatment four days before the supervised feed

So we can get a reliable result from the supervised feed, it is important that all antihistamine treatment is stopped for four days before the appointment, this should include medicines like Chlorphenamine (Piriton®), Cetirizine (Zirtek®, Benadryl®), Loratidine (Clarityn®), and Fexofenadine (Telfast®). Some cough medicines also contain antihistamine (e.g. Tixylix®), please check, and if you are not sure contact the Bramble Day Case Unit for advice.

Eczema creams and asthma medicines and inhalers are okay and should be continued.

### My child is unwell

We will only perform the supervised feed if your child is well enough on the day. We won't perform it if they have a tummy bug (diarrhoea and vomiting), have had a temperature in the last 24-48 hours or if they are wheezy or have had hay fever. Please contact Bramble Day Case Unit to let us know if your child is unwell so that we can rearrange the appointment.

**Your child has been invited to come to the Bramble Day Case Unit for supervised feed; these are performed in hospital as it is the safest way of finding out if your child reacts to a food.**

There are several reasons why you may have been asked to come in for a supervised feed. Your doctor or nurse will tell you why it is needed.

- **First time ingestion of food:** This is when your child has not tried the food before but they have been tested due to another food allergy and allergy tests are mildly positive
- **Diagnostic challenge:** This is used when it is unclear if a food is causing the reaction and the diagnosis of food allergy needs to be confirmed
- **Resolution challenge:** This is used to see if a food allergy is outgrown and the food can be tolerated and reintroduced into your child's diet.

## What should I do to prepare my child for the supervised feed?

Preparing your child for their visit to hospital will help them to understand what is happening and can improve your child's willingness to co-operate. Talking to your child in advance will give them time to ask any questions or voice any concerns they may have. Use familiar words that your child will understand and give truthful, factual information. Explain that your child will meet the doctors and nurses and that they should only have to stay in hospital for half a day (though occasionally a few hours longer).

## On the day of the supervised feed

Your child should have a light breakfast or lunch that day. We only provide cow's milk, boiled eggs, Weetabix and peanut butter. So if your supervised feed is to anything else we will ask you to bring in the food and will send a recipe or amount of food required with this information sheet. The amount given is a portion that a child would be expected to eat in day to day life. If your child is a fussy eater please do bring well-loved foods to disguise the taste of the supervised feed, and for bribes!

When you arrive you will have the opportunity to ask questions and you will be asked to sign a consent form. We try to involve the child as fully as possible in this process. Before the supervised feed is started your child will be examined and the state of their general health recorded.

Your child will be asked to eat the supervised feed in one go. A specially trained nurse will carefully monitor your child. Your child must stay on the ward during the challenge and for at least one hour after the having eaten the supervised feed.

We cannot provide a lunch on the Day Case Unit, so do bring a packed lunch for when the challenge has been completed. Also, bring quiet activities to keep your child entertained.

They won't be able to do strenuous activities that afternoon/evening such as sport or dance, and we suggest a quiet evening.

## What are the risks

Supervised feeds can cause an allergic reaction, most involving the eyes, nose, mouth, skin or gut. Your child will be assessed throughout and any symptoms will be monitored and treated as necessary.

Anaphylaxis is a more severe form of allergic reaction and can involve the airway, breathing or circulation. Anaphylaxis is unusual during a supervised feed; however, if needed we will use an Adrenaline auto-injector, such as an EpiPen/ Emerade device, to treat anaphylaxis. The nursing team will help a parent to give the adrenaline auto-injector to a younger child, and will also help an older child to do this for themselves. You will stay on the ward until your child has fully recovered. Very occasionally a child will need to stay in hospital overnight after a supervised feed.

## Care of your child after a food challenge

### If your child REACTED, this will be discussed with you on the day, however:

If your child has reacted to the food, they should avoid strenuous play or sport for the rest of the day, as this could bring on a delayed reaction. Normal toddler activities are okay, but try to avoid situations where they may become over excited. Very hot baths, fizzy drinks and large meals have also been connected to a return of allergy symptoms and should be avoided straight after the challenge. They should be fit for school the next day.

Before you go home you will be given an allergy action plan if you don't already have one, with clear instructions on how to treat an allergic reaction if needed. We will also contact your GP to let them know about the food challenge.

Please contact the allergy team via the secretaries at the Royal Devon and Exeter NHS Foundation Trust if your child has a return of allergic symptoms overnight or is not well enough to go to school the next day on **01392 406633**. Please tell them what food your child has had and the full nature of the reaction.

## If your child did NOT REACT:

If your child has not reacted to the supervised feed, they should not eat the food for another two days in case of mild delayed symptoms. Delayed symptoms after a negative supervised feed are very different and much less severe than the delayed symptoms that can be experienced after a positive food challenge, which is why our advice is different.

Things that can happen include tummy pain, diarrhoea or a flare of eczema. Delayed symptoms are not very common; most children are fine if they do not react on the ward. There are no other special precautions and your child can undertake normal activities and diet the day after the challenge.

Please contact Bramble Day Case Unit or the paediatric allergy and respiratory nurse specialists if you think that your child has experienced a delayed reaction after a negative supervised feed.

After 48 hours it is important to introduce the food into your child's diet. **You should aim for at least 2-3 portions each week.**

We will give you personalised advice on how to continue with your child's diet on the Bramble Day Case Unit before you are discharged.

**If you have any questions or concerns please contact the Children's Allergy Team at Royal Devon and Exeter NHS Foundation Trust:**

- Allergy Clinic Team secretaries on: .....  
..... **01392 406633**
- Bramble Day Case Unit: ..... **01392 402677**

Out-of-hours, please contact NHS 111 service.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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