

## Following your Child's Food Challenge

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

### Food challenged 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.

Exercise can make an allergic reaction worse, so encourage quiet play and activities such as watching TV or reading.

Some children unfortunately may have a delayed reaction which can occur 6 to 48 hours after the challenge. The signs 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 A&E department if the reaction is severe or includes difficulty in breathing.

### 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 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.

If you having difficulty introducing it in to your child's diet and would like some ideas or advice, please contact one of our paediatric dieticians on **01392 406063** who may be able to send some information sheets.

## How do I make a comment about my treatment?

If you would like to comment about your experience of our services and you would like to speak to someone other than staff caring for you, please contact the Patient Advice and Liaison Service (PALS) on **01392 402093**. You can also email PALS at **rde-tr.PALS@nhs.net**

The PALS team will listen to your concerns, suggestions or queries and are often able to solve problems on behalf of patients.

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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