

## Paediatric allergy

# Following your food challenge – outcome: allergic (reactive)

## Information for patients, relatives and carers

Name: \_\_\_\_\_

Food tested: \_\_\_\_\_

Date of challenge: \_\_\_\_/\_\_\_\_/\_\_\_\_

\*Please note if you are a child or young person reading this information, 'your child' will also refer directly to you as the child or young person.

### Introduction

Well done for completing the food challenge. Your child had an allergic reaction during their hospital food challenge. This means **your child is allergic to the food we tested** and **they must avoid this food**. If you need dietetic advice on how to avoid this foods, please call the paediatric allergy dietitians on **020 3312 1127**. Some families find a reactive challenge helpful, as it gives them information about their child's allergy, and they might feel more confident in spotting and treating an allergic reaction.

Before discharge, the allergy nurse will make sure your child:

- has a food allergy action plan, including an explanation of which medications they need to manage any allergic reactions
- has a plan for when we will next see them in the allergy clinic

Your child's allergy to the food may improve in the future. We will continue to review this in your clinic appointments.

### Next steps

We will only discharge your child after their challenge when their reaction has settled and it is medically safe for them to go home. It is rare for children to develop symptoms after discharge. However, you should observe your child for the rest of the day and take the following precautions:

- avoid exercise for the rest of the day as this could bring on symptoms of a reaction – encourage quiet play and activities such as reading;
- your child can go to school and continue with their daily activities the next day.

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Rarely, children experience signs of a reaction after being discharged. Keep an eye on your child for signs of:

- **Mild reactions or delayed reactions:**

- rash
- gut symptoms (e.g. tummy pain, loose poo, diarrhea or vomiting)
- eczema flare-up

Most children don't need any treatment but antihistamines or eczema treatments can be useful. Please follow your child's food allergy action plan.

- **Serious allergic reactions:**

- airway or breathing problems (coughing, wheezing, noisy or difficulty breathing)
- general wellbeing (sleepiness, reduced responsiveness, paleness or floppiness)

This is extremely unlikely to happen. If it happens, please follow your child's allergy action plan (if they have one), or call 999 to get an ambulance and immediate medical support.

## Who to contact if you have questions or concerns

If you are concerned or have any questions, please call the allergy team on **020 3312 1381**. The recording will ask you to leave a voice message and the allergy team will get back to you within two to three working days.

Please note that this number is not for urgent healthcare queries. For urgent queries contact 999 (for emergencies), 111 (for non-emergencies) or your GP.

Other useful contact numbers:

**Paediatric allergy team** (for allergy-related health queries): **020 3312 1381**

**Paediatric allergy dietitians** (for diet-related queries): **020 3312 1127**

**Admin teams** (for appointment-related queries)

- food/drug challenge appointments booking: **020 3311 6611**
- main reception (paediatric allergy, St Mary's Hospital): **020 3312 1381**
- outpatients department appointments (St Mary's Hospital): **020 3312 6315**
- outpatients department appointments (Hammersmith Hospital): **020 3313 4727**

**Paediatric allergy secretaries** (for letters/reports): **020 3312 1257**

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

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net) The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street  
London W2 1NY

Email: [ICHC-tr.Complaints@nhs.net](mailto:ICHC-tr.Complaints@nhs.net)

Telephone: **020 3312 1337 / 1349**

## Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:  
[imperial.communications@nhs.net](mailto:imperial.communications@nhs.net)

## Wi-fi

Wi-fi is available at our Trust. For more information visit our website: [www.imperial.nhs.uk](http://www.imperial.nhs.uk)

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