

Paediatric allergy

Following your food challenge – outcome: tolerant (not allergic)

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 has successfully completed the hospital-based part of the food challenge. Your child is very unlikely to be allergic to this food. It is now important that you follow the advice below.

Next steps

It is rare for children to experience a reaction after tolerating a food challenge. However, please tell us if you observe new allergy symptoms in your child during the rest of the day, and to take the following precautions:

- your child should avoid vigorous exercise for the rest of the day, as this could bring on delayed allergic symptoms
- your child can go to school and continue with their daily activities the next day.

Rarely, some children have 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 (if they have one).

- **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.

Introducing the food into your child's diet

If your child hasn't, as expected, experienced any signs of an allergic reaction on the day of their food challenge, we advise you to introduce this food into your child's diet. You can give them normal portions from the next day, as regularly as you want. This will help them get used to the new taste/texture and hopefully to find new food that they can enjoy. If your child stops having the food for some time (despite not having symptoms with the food), you could reintroduce the food gradually back into their diet. You can also safely reintroduce the food gradually into their diet at home if they haven't eaten it for a while (despite not having symptoms with the food).

Who to contact with queries or concerns

If you are concerned or have any questions, for instance, if you believe your child has symptoms of a reaction to the food at home, 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, as appropriate.

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**

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 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

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

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

Paediatric allergy
Published: July 2025
Review date: July 2028
Reference no: 5276
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