

## Paediatric allergy

# Following your inconclusive food challenge/supervised feed

## Information for patients, parents and carers

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

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

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

### Introduction

Unfortunately, the outcome of your child's food challenge or supervised feed is unclear (inconclusive). This could be because your child could not manage to finish all the food doses required, or because they experienced some mild or subjective symptoms that we cannot confirm were an allergic reaction.

It is still unclear whether your child is allergic to the food tested and, therefore, we advise **that your child avoids this food**, as this is the safest approach. If you need dietetic advice on how to do this, please contact the paediatric dietitians on **020 3312 1127**.

Before being discharged, the allergy nurses will ensure your child:

- has a food allergy action plan and rescue medication to manage any accidental reactions that might happen
- has appropriate follow-up in clinic with the allergy team, as needed

The allergy nurses might offer to repeat the food challenge on a different day, if appropriate.

### Next steps

If your child has experienced any symptoms, they will only be discharged once these are settled and you are happy to go home. We advise you to observe your child for the next two days and take the following precautions once discharged:

- your child should avoid exercise, active 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
- if the reaction is completely settled, your child can go to school and continue with their daily activities the next day

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- some children may have a further reaction after the challenge. These may be:

**Mild reactions or delayed reaction:**

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

These can happen from two hours to two days after the challenge. Most do not require 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)

In the very unlikely event of this happening, please follow your child's food allergy action plan (if they have one), or call 999 to get an ambulance and immediate medical support.

**Other useful contact numbers:**

**Paediatric allergy nurses** (for allergy-related health queries): **020 3312 6091**

**Paediatric allergy dietitians** (for diet-related queries): **020 331 21127**

**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**

## Who to contact with queries or concerns

If your child has had a reaction at home or you need more information about their challenge/supervised feed, please call the allergy team on **020 3312 6091**. You will be asked to leave a voice message and the allergy nurses will get back to you within two to three working days. Please note that this number is not for urgent health care queries. If you need urgent help call 999 (for emergencies), or 111/your GP (for non-emergencies).

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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 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). 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.patient.information@nhs.net**

## Wi-fi

We have a free wi-fi service for basic filtered browsing and a premium wi-fi service (requiring payment) at each of our five hospitals. Look for WiFiSPARK\_FREE or WiFiSPARK\_PREMIUM