

## Paediatric allergy

# Following your successful food challenge/supervised feed

## Information for patients, parents and carers

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

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

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

### Introduction

Congratulations! Your child has successfully completed the hospital-based part of the food challenge. It is now important that you follow the advice below.

### Next steps

Although it is unlikely for your child to experience an allergic reaction at this stage, 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 allergic symptoms more easily
- your child can go to school and continue with their daily activities the next day
- do not give your child the tested food for the next 48 hours
- keep a close eye on your child to ensure there are no signs of a reaction, as follows:

#### **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.

#### **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 allergy action plan (if they have one), or call 999 to get an ambulance and immediate medical support.

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## Introducing the food into your child's diet

If, as expected, your child has not experienced any allergic symptoms for two days after their food challenge, they are no longer allergic to it. We advise you to introduce this food into your child's diet in normal portions regularly (at least twice a week with no gaps of two weeks or more).

## Who to contact with queries or concerns

If you having difficulty introducing the food into your child's diet and would like some ideas or advice, please contact our paediatric dietitians on 020 3312 1127.

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 healthcare queries. If you need urgent help call 999 (for emergencies) or 111/your GP (for non-emergencies).

### 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**

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

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](mailto:imperial.pals@nhs.net)

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**

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](mailto:imperial.patient.information@nhs.net)