

Paediatric allergy

Following your unsuccessful food challenge/supervised feed

Information for patients, parents and carers

Name: _____

Food tested: _____

Date of challenge: ____ / ____ / ____

Introduction

Your child has reacted at their hospital food challenge. This means **your child is allergic to the food tested** and **this food must be strictly avoided**. If you need dietetic advice on how to do this, please call the paediatric dietitians on **020 3312 1127**.

The allergy nurse will ensure your child:

- has a food allergy action plan, including an explanation of which medications are needed to manage any accidental reactions
- has appropriate follow-up in clinic with the allergy team

Your child's allergy to the food may improve in the future. This will continue to be reviewed in your clinic appointments.

Next steps

Your child will only be discharged today once their reaction has settled and it is medically safe for them 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 usual activities the next day
- 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.

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** or **call 999** to get an ambulance and immediate medical support.

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 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**

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**

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