

## Following your Child's Food Challenge or Supervised Feed

Food challenged today:

Patient name: .....  
NHS no: .....  
Hospital no: ..... Please affix patient ID label within this box  
DOB:.....

### Your child has successfully completed the hospital based part of the food challenge!

The challenge has either been:

- Positive** – had symptoms to the food and must avoid the foods now.
- Negative** – No reaction to the food. The food must be introduced.

Once home your child should *avoid strenuous 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.

Unfortunately, a small percentage of children may have a delayed reaction which can occur up to 6 hours after the challenge. Signs of an allergic reaction may be:

- Nausea and vomiting
- Diarrhoea
- Tummy ache
- Worsening of their eczema
- Runny nose and eyes
- Swelling of face, eyes, hands and feet

- Pale and floppy
- Generalise blotchy rash
- Hives anywhere on the body
- Wheezing and coughing
- Itching and swelling in the mouth
- Tight throat
- Difficulty in breathing or swallowing
- Weakness or floppiness

### If a reaction occurs:

- Follow your child's treatment plan.
- See your GP if it is an increase in eczema or a mild reaction.
- Attend your local A&E department if the reaction is severe or includes difficulty in breathing.

### Following a **NEGATIVE** challenge, i.e. **NO** reaction to the food

The food should initially be avoided for 24-48 hours to observe for delayed reactions.

## After 24-48 hours

A portion of the food should be given 2-3 times a week regularly in the normal diet. Keep it in the diet with no gaps of 2 weeks or more.

If you having difficulty introducing it in to your child's diet and would like some ideas or advice, please contact one of our paediatric dieticians on **01392 406063** who may be able to send some information sheets.

**If a food is not regularly introduced in to the diet after a challenge, we cannot guarantee that an allergy may not occur/re-occur after a prolonged period of avoidance**

(this can be as short a gap of only two weeks). **The regular consumption of the challenged food is vital to ensure that tolerance is kept and avoid developing an allergy.** This is why we strongly recommend your child/young person eats the food a minimum of once a week, ideally twice a week.

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

If you would like to comment about your experience of our services and you would like to speak to someone other than staff caring for you, please contact the Patient Advice and Liaison Service (PALS) on **01392 402093**. You can also email PALS at **rde-tr.PALS@nhs.net**

The PALS team will listen to your concerns, suggestions or queries and are often able to solve problems on behalf of patients.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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