Following your food challenge...
Information for parents and carers

Name .................................................................
Type of challenge ................................................
Date of challenge ...............................................
Well done, your child has finished their food challenge!

When you get home, your child should avoid energetic 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.

Some children may have a delayed reaction which can occur 6 to 48 hours after the challenge.

The signs of an allergic reaction may be:
- runny nose and eyes
- generalised blotchy rash
- hives anywhere on the body
- nausea and vomiting
- diarrhoea
- tummy ache
- 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 usual treatment plan to treat the reaction.

- Give antihistamine or Epipen as necessary.
- See your GP or go to your local Accident and Emergency department, if required.
- **Ring 999 if your child is seriously unwell.**

Contact the Children’s Day Care Ward for non-urgent advice:
Tel: **01865 234 148/9**
(7.30am to 7.30pm, Monday to Friday)

Do not give the food for 48 hours after the food challenge. After 48 hours…

**Cow’s milk, egg, wheat and soya challenges**

Give your child a portion of the food every day for five days after the challenge. We will have spoken with you about what size the ‘portion’ of food should be. You can then start to introduce it into their normal diet regularly. You will need to make sure that they don’t go for more than two weeks between portions as your child may then re-develop their sensitivity to the food.

**All other food challenges**

Give your child a portion of the food two to three times over the first two weeks. You can then start to introduce it into their normal diet regularly.

*If your child reacts to the food once home, stop giving it and follow their usual treatment plan to treat the reaction. You can discuss any reactions at your child’s next allergy outpatient appointment.*
If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALSJR@ouh.nhs.uk

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March 2015
Review: March 2018
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