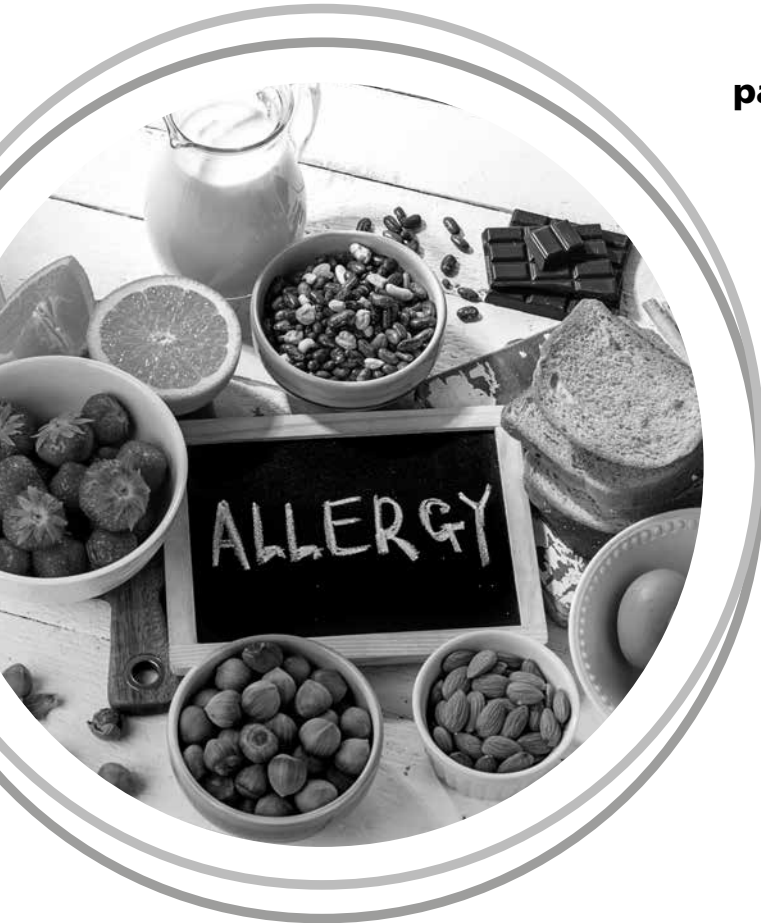


# Following your food challenge

Information for  
parents and carers



Name: .....

Type of challenge: .....

Date of challenge: .....

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

Please make sure that you have antihistamine and any other medications your child requires in response to allergic reactions (for example, asthma or eczema treatments) ready at home.

**Do not give your child the tested food for 48 hours.**

**You will need to keep a close eye on your child for 48 hours after the challenge.**

## What to watch out for

Although it is unlikely that your child will experience an allergic reaction at this stage, we advise the following:

- They should avoid exercise, strenuous play and activities for the rest of the day, as this could bring on allergic symptoms more easily.
- They can go to school and continue with their usual activities the next day.
- You should watch your child to make sure there are no signs of a delayed reaction.

When a reaction happens after a food challenge, it is usually a **mild delayed-type reaction** such as a rash, eczema flare or gut symptoms (for example, abdominal pain, loose stools or vomiting). These can happen from 2 hours to 48 hours after the challenge. They usually do not require any treatment, but antihistamines or eczema treatments can be useful.

It is extremely unlikely that your child will experience a **serious allergic reaction** this long after the food challenge. If this does happen, it could affect their airway or breathing (with coughing, wheezing, noisy or difficulty breathing), or their general wellbeing (sleepiness, reduced responsiveness, looking pale or floppiness).

In the very unlikely event of this happening, please follow your child's usual food allergy action plan.

- Give antihistamine or adrenaline autoinjector, as necessary.
- See your child's GP or go to your local Emergency department, if required.
- **Call 999 to get an ambulance and immediate medical support, if your child is seriously unwell.**

# What happens next?

## **After 48 hours, introduce the food into your child's diet.**

If, as expected, your child has not experienced any allergic symptoms during the 48 hours following the food challenge, this means your child can now tolerate the food tested – that is, they are no longer allergic to it.

We advise you to introduce this food into their diet in normal portions regularly, usually at least 2-3 times a week.

## **Baked foods**

If your child has been challenged to a food like cow's milk or egg, and they have reacted to this food, it may be that they can tolerate baked (processed or heated) forms of the food. If they can, it is best to keep including these in their diet. There is evidence that doing this can help them outgrow their allergy.

# How to contact us

**If your child has a reaction to the food at home, stop giving it and follow their usual food allergy action plan to treat the reaction.**

You can discuss any reactions at your child's next allergy outpatient appointment, or contact the department where your child had their food challenge.

## **Children's Day Care Ward, Children's Hospital, Oxford**

Tel: **01865 234 148/9**

(7.30am to 7.30pm, Monday to Friday)

## **Allergy Team, Children's Ward, Horton General Hospital, Banbury**

Tel: **01295 229 001**

(24 hours, 7 days a week)

Email: [ouh-tr.hortonallergy@nhs.net](mailto:ouh-tr.hortonallergy@nhs.net)

## **Allergy Secretary, Horton General Hospital**

Tel: **01295 229 012**

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

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