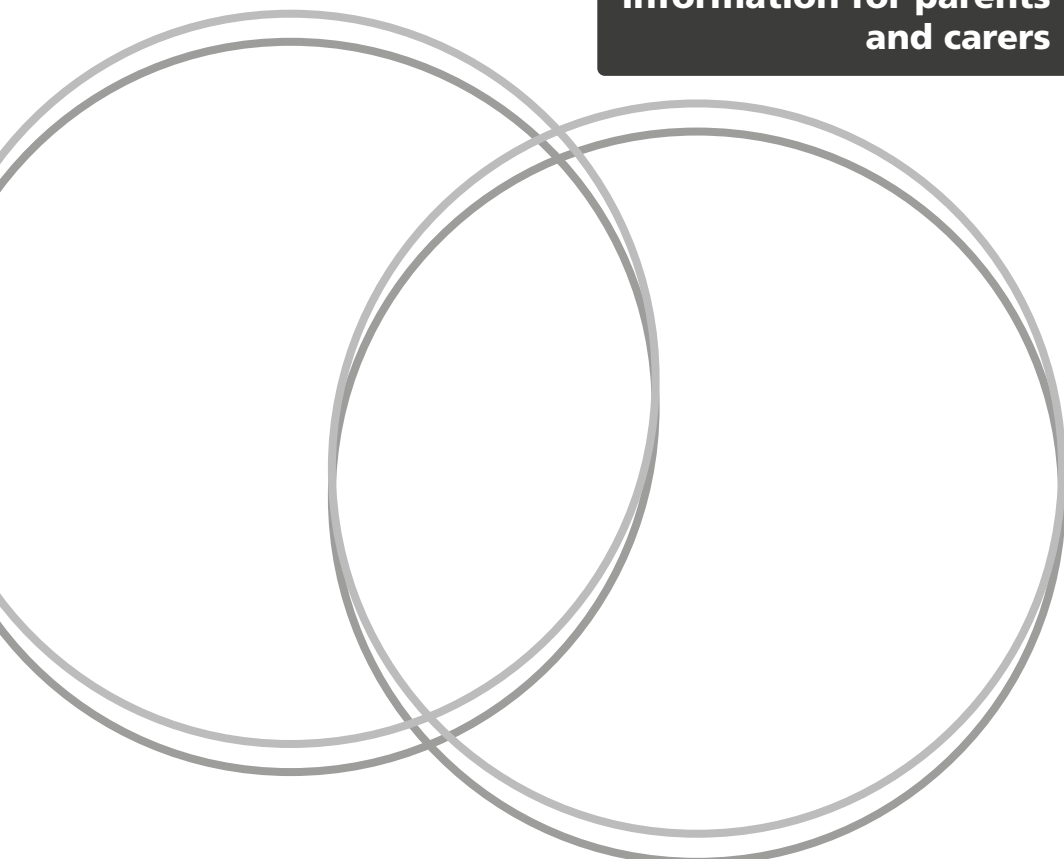


# Following Your Medication Challenge

**Information for parents  
and carers**



Name: .....

Type of challenge: .....

Date of challenge: .....

Your child has now finished the hospital-based part of the medication 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.

**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 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. These symptoms are commonly due to side effects of medications like antibiotics and unlikely to be an allergic reaction. Treatments, such as anti-histamines, can be used if your child develops hives, itching and body swelling. Eczema treatment may be useful for mild eczema flare up.

Serious allergic reactions are rare after a medication challenge. If this does happen, it could affect your child's airway or breathing (with coughing, wheezing, noisy or difficulty breathing), or changes in their general wellbeing (sleepiness, reduced responsiveness, looking pale or floppiness).

**In the very unlikely event of a reaction happening, please follow your child's usual 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?**

If your child has had an antibiotic challenge, this will need to be completed at home over the next few days. You will receive the antibiotic and instructions from the ward or pharmacy. Your child will need to take one dose a day for 3 days.

We advise that you plan to give the antibiotic at a time when you can supervise your child for about 2 hours after they have taken it.

## **How to contact us**

If your child has a reaction to the medication at home, stop giving it and follow their usual 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 medication challenge. Please email the allergy team to report if all doses were given and tolerated. If a reaction occurred, please describe what, when, and how the reaction was managed.

If you do not update the team your child's records cannot be updated and your child's medication allergy status will remain.

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

Telephone: 01865 234 148 or 01865 234 149  
(7.30am to 7.30pm, Monday to Friday)

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

Telephone: 01295 229 001 (24 hours, 7 days a week)  
Email: [allergychallengeouh@ouh.nhs.uk](mailto:allergychallengeouh@ouh.nhs.uk)

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

Telephone: 01295 229 012

# Notes

# Notes

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Leah Jones (trainee Advanced Clinical Practitioner)  
June 2024  
Review: June 2027  
Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



*Making a difference across our hospitals*

[charity@ouh.nhs.uk](mailto:charity@ouh.nhs.uk) | 01865 743 444 | [hospitalcharity.co.uk](http://hospitalcharity.co.uk)

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

