

Food Protein Induced Enterocolitis Syndrome (FPIES)

Challenge Information Sheet

Your child has been invited to attend Dirleton Ward at the Royal Hospital for Children and Young People (RHCYP) for a FPIES challenge. The purpose of the challenge is to find out if he/she can safely consume the challenge food.

Why does my child need to attend hospital for the challenge?

It is necessary for your child to have the FPIES challenge in hospital due to the potential risk of your child requiring medical attention if they have severe symptoms to the food given.

How long does the challenge take?

The challenge usually lasts 5-6 hours but may take longer if your child has symptoms or has difficulty taking the challenge food. It is therefore best to make provision to stay for the whole day. Your child will not be able to attend school / nursery on the day of the challenge.

What should we bring?

- **The food that your child is to be given during the FPIES challenge.**
You will receive a separate letter with information on what food to bring to your appointment.
- **A drink, snack and packed lunch.**
We ask that you bring in food that your child has safely eaten before. It's best to have a light breakfast or snack before you arrive.
- **Things to do.**
There is a small playroom on Dirleton ward that has lots of toys and games provided by the play specialist. However, you may wish to bring in a favourite toy and older children may bring in an iPad or schoolwork. Don't forget to bring in a book or magazine for yourself.

What happens when I arrive?

Before the challenge we will need to check that your child is well.

- The nursing staff will check your child's weight, temperature, pulse, blood pressure and oxygen saturation levels.
- The doctor will briefly examine your child, then ask you some questions about your child's health. You or the child if old enough, will be required to sign a consent form.

How is the food given?

We begin the challenge by offering your child small portions of the challenge food. If your child remains well, this dose is repeated at 30-minute intervals. If your child develops any symptoms, e.g.; a vomit, we will stop the challenge and give medications as required. .

Please try to explain to your child that they will be required to eat the challenge food. We are happy to help encourage your child to eat the challenge food by adding it to something you have supplied such as crisps, biscuits or a yogurt but we will never force a child to eat food they do not want.

What happens after the challenge?

You will be required to stay on Dirleton Ward for a minimum of 4 hours observation **after** the last dose of challenge food. If a reaction has occurred, the medical team will decide when your child is well enough to go home. In few cases, children may require an overnight admission to hospital.

When discharged home you will be given information on how to manage a delayed reaction (a reaction that occurs after you have left the hospital) An ongoing treatment plan and contact telephone numbers will also be given.

Regular medications

You should continue to take any regular medications; however, you must **STOP** ANY antihistamine or medications containing antihistamine **5 days before** the food challenge.

Antihistamine that your child might have include:

- Chlorphenamine maleate (also called Piriton)
- Loratadine (also called Claritin, Allereze)
- Fexofenadine (or Telfast)
- Cetirizine (or Zirtek, Piritize)
- Desloratadine (or Neoclarityn)

Antihistamines are also present in some cold and flu medications (e.g. Medised) These should also be avoided before the challenge.

- If your child is unable to stop antihistamine or has had to have an emergency dose, **please contact Dirleton Ward on 0131 312 1515**
- Do **NOT** stop other regular medicines e.g.: eye drops, asthma inhalers and nasal sprays.

Cancellations

- Please do not attend the appointment if you or your child has tested positive for Covid 19 or if your child is generally unwell. We will rearrange the challenge for a day when your child is fit and well. **Please contact Dirleton Ward on 0131 312 1515**
- We have a high demand for our challenge service, and we are keen to use all available appointment slots. Please contact us as soon as you know you're unable to make the appointment so that we may offer the appointment to someone else. Please be aware that it may be some time before we can offer you another appointment.