

Reintroduction of food following successful Food Challenge

Information for parents/carers

Following a successful hospital-based challenge for _____.

- Ensure a portion (equivalent to the last stage of the hospital challenge) is eaten at least 3 times a week for the first two months after the challenge.
- Following these two months, ensure a portion is eaten at least once a month to ensure your child does not lose tolerance to the food.

Late onset of symptoms

If in the case of symptoms you believe your child needs medical attention, please contact your own GP or NHS24 on 111 if out of hours. In an emergency contact 999.

Please always keep your child's emergency medication nearby. If your child develops symptoms such as hives/a rash or a swelling, an antihistamine can be taken.

While uncommon, a severe allergic reaction (anaphylaxis) may still occur. If you notice any signs of airway and breathing problems or altered consciousness, follow your allergy action plan and **call 999**.

In the case of a late onset of an allergic reaction, please contact the Allergy Team once your child has had appropriate medical attention. Our number can be found in the contact section on the next page of this leaflet.

Delayed symptoms

Following the reintroduction of the challenged food into the diet, your child may develop delayed symptoms.

Delayed symptoms may include:

- worsening of existing eczema
- abdominal pain and/or diarrhoea

If delayed symptoms are mild, the trialled medication can be taken in the future if required. In the case of a delayed symptom such as eczema, please treat at home accordingly with your child's emollients/ointments or creams, as prescribed by your child's GP or Dermatologist.

Contact Information

If you would like to speak to the allergy nurses following the Food Challenge, they can be contacted via the Respiratory Secretaries on **0131 312 0453**. This is not an emergency number and will be answered during office hours.

Further Information

Further information and resources can be found at:

Allergy UK

www.allergyuk.org



Anaphylaxis UK

www.anaphylaxis.org.uk



It's OK to Ask

When you understand what's going on with your health, you can make better decisions around your care and treatment.

www.nhsinform.scot/campaigns/its-ok-to-ask/

