

Food Challenge

Allergy Clinic

Advice & Support following a Food Challenge Test

Thank you for attending for the food challenge. It is unlikely that your child will have any significant symptoms after leaving the department after the challenge, however, if you have any concerns, please follow the guidance below:

- **Follow the medical advice on your child's allergy action plan**, including calling 999 if signs of anaphylaxis.
- For other advice later the same day, up to 4.30pm, contact the allergy team on;
07880 431826 or 01225 824519 / 01225 824393

(The mobile number is for food challenge only)

- After 4:30pm the same evening /night after the challenge you can contact the Children's Ward on **01225 824421** for urgent advice. Explain that your child had a food challenge today.
- For any symptoms occurring to the following day or later seek further medical advice if needed via GP / Out of Hours / A&E Department.
- For any non-urgent advice or support, contact the allergy team via the email address below. Please include your child's name and date of birth and date of the challenge someone will get back to you.

If you just want to update us with progress and don't require a reply, please make that clear and we will update your child's notes.

- ruh-tr.childrensallergyclinic@nhs.net

Moving on and introducing the food after a successful challenge

You will have been given verbal advice regarding the success of the food challenged today, and a letter will be sent to you and your GP with further guidance.

As a general rule even with a successful challenge, we advise avoiding the food for 48 hours, as occasionally, delayed / non-IgE symptoms such as eczema or a change in bowel habits can occur. As long as this is not seriously affecting your child, you should still carry on and introduce the food

as discussed following the challenge. The food needs to stay in the diet to reduce any chance of the allergy returning so try to get the food into the diet regularly.

Thank you for taking the time to read this leaflet.

If you have any questions or feedback please contact the Allergy Team who will be more than happy to deal with any query you may have.

Please include your child's name and date of birth in any messages

ruh-tr.childrensallergyclinic@nhs.net

Further information:

www.allergyuk.org

www.anaphylaxis.org.uk

www.ruh.nhs.uk/ChildrensAllergies



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