



## Kingfisher Ward

# Following your Child's Food Challenge

### Patient Details:

### Food Challenged Today:

**Your child has successfully completed their Food Challenge!**

**This has either been:**

- Positive** – had symptoms to the food and must avoid the foods now.
- Negative** – had no reaction to the food. The food must be re-introduced.

Once home, your child should avoid strenuous play and activities for the rest of the day as this could bring on a delayed reaction.

Exercise can make an allergic reaction worse, so encourage quiet play and activities such as watching TV or reading.

Some children unfortunately may have a delayed reaction which can occur six to 48 hours after the challenge. The signs of an allergic reaction may be:

- Nausea and vomiting
- Diarrhoea
- Tummy ache
- Worsening of eczema
- Runny nose and eyes
- Swelling of the face, eyes, hands, and feet
- Pale and floppy

- Generalised blotchy rash
- Hives anywhere on the body
- Wheezing and coughing
- Itching and swelling in the mouth
- Tight throat
- Difficulty in breathing or swallowing
- Weakness or floppiness.

If a reaction occurs:

- Follow your child's allergy action plan.
- See your GP if it is an increase in eczema or a mild reaction.
- Attend your local A&E department if the reaction is severe or includes difficulty in breathing.

## **Following a NEGATIVE challenge, ie NO reaction to the food**

The food should initially be avoided for 48 hours to observe for delayed reactions.

### **After 48 hours:**

A portion of the food should be given two or three times a week regularly in the normal diet. Keep it in the diet with no gaps of two weeks or more.

If you are having difficulty introducing the food to your child's diet and would like some ideas or advice, please contact one of our paediatric dietitians on **01305 255535** who may be able to send some information sheets.

### **Contact Numbers:**

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to the following Dorset County Hospital Staff:

#### **Consultants:**

Dr Phil Wylie (secretary)	01305 253331
Dr Ruth Newman (secretary)	01305 253331

#### **Allergy Nurse Specialist:**

Juliet Lyus	01305 254279	<a href="mailto:juliet.lyus@dchft.nhs.uk">juliet.lyus@dchft.nhs.uk</a>
-------------	--------------	--

#### **Paediatric Dietitian:**

Kathryn Cockerell	01305 255535	<a href="mailto:kathryn.cockerell@dchft.nhs.uk">kathryn.cockerell@dchft.nhs.uk</a>
-------------------	--------------	--

## Useful Websites:

### Allergy UK

[www.allergyuk.org](http://www.allergyuk.org)

### Anaphylaxis.Org

[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

## About this leaflet:

Author: Juliet Lyus, Paediatric Allergy Nurse Specialist  
Written: November 2022  
Approved: May 2023  
Review Date: May 2026  
Edition: v1

If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)



**INTEGRITY | RESPECT | TEAMWORK | EXCELLENCE**

© 2023 Dorset County Hospital NHS Foundation Trust  
Williams Avenue, Dorchester, Dorset DT1 2JY  
[www.dchft.nhs.uk](http://www.dchft.nhs.uk)