

Children's Oral Food Challenge



should only have to stay in hospital for half a day (though occasionally a few hours longer). Please let your child know that they will not be able to do any sports the evening after a challenge.

On the day of the food challenge

Your child should have a light breakfast or lunch that day. We only provide milk, boiled eggs, Weetabix and peanut butter. So if your challenge is to anything else we will ask you to bring in the food to be challenged and will send a recipe or amount of food required with this information sheet. The "top dose" is a portion that a child would be expected to eat in day to day life. If your child is a fussy eater please do bring well-loved foods to disguise the taste of the challenge food, and for bribes!

Things that can happen include tummy pain, diarrhoea or a flare of eczema. Delayed symptoms are not very common; most children are fine if they do not react on the ward. There are no other special precautions and your child can undertake normal activities and diet.

Please contact Bramble Day Case Unit or the paediatric allergy and respiratory nurse specialists if you think that your child has experienced a delayed reaction after a negative food challenge.

After 48 hours it is important to introduce the food into your child's diet. You should aim for at least 2-3 portions each week.

We will give you personalised advice on how to continue with your child's diet on the Bramble Day Case Unit before you are discharged.

If you have any questions or concerns please contact the Children's Allergy Team at Royal Devon and Exeter NHS Foundation Trust:

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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