

Home food introduction for foods such as eggs and milk

A guide for parents and children

Food for home Challenge:

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Please ensure you have easy access to your child's emergency medications, as stated on your child's emergency plan, in case of an allergic reaction.

Start food introduction before 2pm.

There are some suggested foods and more specific amounts in the table below.

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How to perform the home introduction of food?

Only introduce one food at a time, and leave at least three days between separate food introductions.

If your child refuses to eat the food do not force them. Try again another day.

Start by rubbing a small amount of the food onto your child's inner lip, and wait for five to ten minutes. **Don't** rub on their skin anywhere else before hand

If there is no reaction, give your child a tiny portion of the food (pin-head size or one drop) and wait ten to fifteen minutes.

If there is no reaction, give your child a pea sized portion of food to eat or half a teaspoon to drink and wait ten to fifteen minutes.

Double the dose every ten to fifteen minutes until they have eaten either:

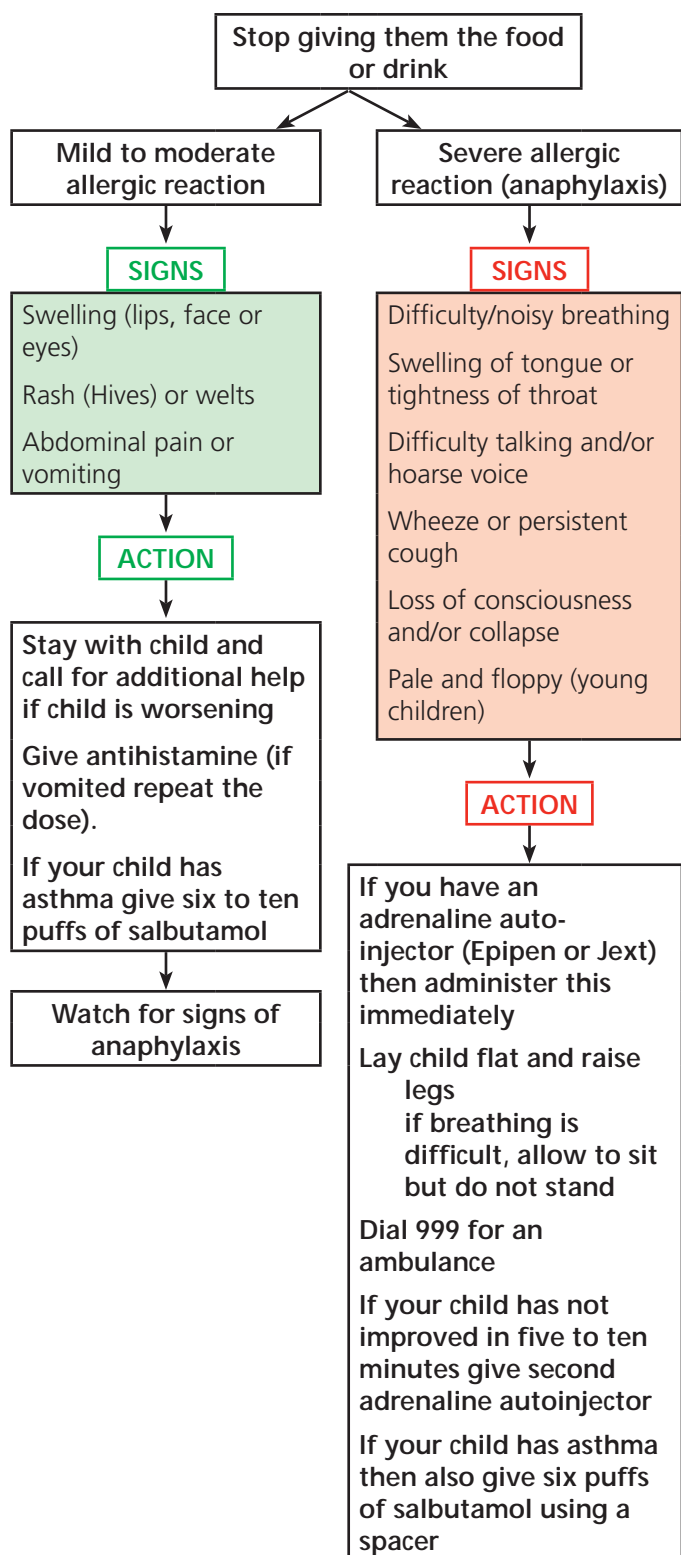
two tablespoons in total of the food

180ml (six ounces) to drink

or as much as they can hold in their hand

Observe your child for two hours after giving them their final dose.

What do I do if my child has an allergic reaction to the food?



*If you are unsure whether your child is having an allergic reaction, stop giving the food.

If your child is unwell but it is not an emergency please contact your GP. If your child is acutely unwell and needs urgent medical care please call 999 and have them seen in hospital.

What to do if my child has a delayed allergic reaction to the food?

Delayed allergic reactions usually occur at least two hours after consuming the food but can occur up to 72 hours after the food has been introduced.

Delayed reactions include worsening eczema, stomach pains, vomiting or loose stools.

If your child is having a delayed reaction, go back to the dose of the proposed food that they previously tolerated. If you are unsure please contact us.

Children's Allergy service

Following your home challenge if there are any problems, or concerns that you would like to discuss please contact the Allergy Clinical Nurse Specialists on: **01392 402682**

If you have any concerns, complaints or commendations about the children's allergy service please contact the Patients Advice Liaison Service (PALS). Tel: 01392 402093 (Available from 9:30am - 4:30pm) Email: rde-tr.PALS@nhs.net

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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