

Patient information

Food Challenge

Food challenge: Information for parents

Name of child:

Food to be challenged:

Date of challenge:

Place of challenge:

Time of challenge: 09.00 a.m.

Please telephone 03001314899 (Eastbourne Short Stay Assessment Unit) to confirm that you have received this information and that the date is convenient. **If you need to change the date or have any other questions please ring as soon as possible**

Why does my child need to attend hospital for the challenge?

It has been recommended by your child's consultant that he/she has a food challenge in order to see if they react to certain food/s. By coming to hospital if your child does have a reaction we can quickly give them some medication to treat this and a doctor can see them straight away. We may also want to observe the types of symptoms your child has.

How long will it take?

The challenge usually lasts about 4 hours; this includes 2 hours observation at the end in case of a delayed reaction. So it is best to allow for staying most of the day. It may take longer if your child has a reaction or has difficulty eating the challenge food.

What should I bring?

1. The food to be challenged:
2. A drink and packed lunch: Please bring only food your child has safely eaten in the past. No additional food will be allowed until all the challenge food has been eaten
3. Any favourite toys/books/games: Although toys are available on the ward, you may wish to bring any favourites from home to entertain your child

What will happen when we arrive on the day?

Before the challenge starts your child will need to have their weight, blood pressure and pulse, they will also be examined by a doctor for any existing patches of eczema. You will need to sign a consent form for the challenge to go ahead.

How is the food given?

The challenge begins by rubbing a small amount of the food onto your child's lip. After this your child will begin to eat small amounts of the challenge food, the dose will be doubled at 15-20 minute intervals, until a standard portion is eaten. The challenge will be stopped if your child shows any sign of a reaction. If your child is a fussy eater or you are worried if they will eat the foods please discuss this with the dietitian before the challenge day – it may be possible to

disguise the food. Before going home you will usually be seen by the consultant and the dietitian to discuss the outcome and future plan.

Other information:

- Please ensure that your child is well on the day of the challenge. The challenge will not be able to go ahead if your child has sickness, diarrhoea, wheeze, a cold or rash. If this occurs please ring the SSPAU as early as possible.
- Your child must stop taking any anti-histamine medication 3 days prior to the challenge (e.g. Chlorphenamine, promethazine). Cetirizine and Loratadine must be stopped 7 days prior to the challenge and steroids (e.g. prednisolone) should be stopped 7 days before the challenge. Child should be off Omalizumab for at least a month. Inhaled steroids for asthma do not need to be stopped.
- There is a waiting list for food challenges so please give us as much notice as possible if you are unable to attend so that another child can have the place.

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Sources of information

E.g. specialist nurse, ward, consultant secretary, self-help group, national bodies or Web site addresses.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Dr Oana Anton Consultant Paediatrician

Michelle Linecar Paediatric Dietician

Susan Winborn

The directorate group that have agreed this patient information leaflet:

Women and Childrens Paediatrics

Next review date: October 2024

Responsible clinician/author: Dr Oana Anton

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