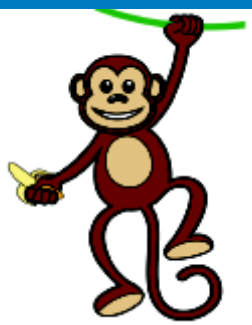
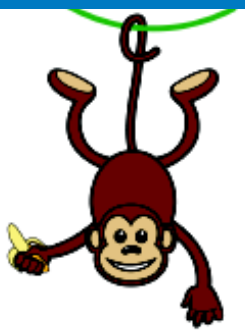
Food Challenges



A food challenge will help us confirm whether your child has a food allergy or has outgrown a known allergy. You may have visited us previously for other allergy tests such as blood test or skin prick test however this may not have given us definitive answers. We do this challenge in a hospital setting in case your child does have any reaction.



Benefits:

- Safely find out if your child is able to eat a food.
- Dependant on the outcome, you may be able to reintroduce these foods into your child's diet, which would make your family's life easier as less time will be spent checking labels and reduce the worry of your child having an allergic reaction.

Risks:

Carrying out the food challenge does carry the risk of allergic reaction; this is why we carry out this test whilst in a hospital setting.
Below are some of the symptoms allergic reactions may cause
Common symptoms include;
- itching, rashes, hives, tummy ache

Uncommon symptoms include;
- sneezing, runny nose, watery eyes, coughing, wheezing, swelling, diarrhoea, being sick

Rare symptoms include;
- difficulty breathing, life threatening anaphylaxis

Prior to the Challenge:

- It's important that your child is well enough for the challenge, if they have any signs of illness such as runny nose, cough, diarrhoea, vomiting, worsening asthma, worsening eczema please let us know prior to the appointment as we may have to reschedule as it could affect the results.
- If your child takes **antihistamines** on a regular basis such as piriton or cetirizine **please STOP this 5 days prior to appointment.**
- Carry on all other medications that do not contain antihistamine as normal, please bring all normal medication with you to the appointment.
- Please bring the food we are using for the challenge with you.
- If you think your child will not like the food we are trying, please bring something that they like that may help to disguise the taste.
- It is often helpful before coming into hospital if you explain to your child what will happen on the day so they feel more prepared and hopefully won't be as worried.

compassionate care

The Food Challenge

On the day of the challenge, the appointment should last between 4-5 hours. Throughout the challenge we will give your child increasing portions of the food, whilst checking for any signs of allergic reaction. Once finished eating the food your child will have to stay for further monitoring, to ensure that no reaction has occurred. This is because some children can have a delayed allergic reaction. If your child tolerates the food challenge with no reaction, it is safe to give your child this food at home and we encourage you to do this at least 3 times a week.

Once Discharged

- If you child shows any signs of difficulty to breathe or anaphylaxis please contact **999** immediately.
- You will have 24 hours open access to the ward, if you notice any problems or you are worried, please contact the ward on **01422 223277**. You can return to the ward within the 24 hour period, or we may be able to offer advice over the phone if needed.

Always read the patient information leaflet

If you have any comments about this leaflet or the service you have received you can contact :

Paediatric Ward 3
Calderdale Royal Hospital
Telephone: 01422 223277

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"