

Following an unsuccessful open food challenge

Discharge information for patients, relatives and carers

① For more information, please contact:

Paediatric Allergy Specialist Nursing Team
Telephone: 01904 721356 (answer machine only)
Mobile: 07984 291824 or 07824 452313
Email: yhs-tr.paediatricallergyysth@nhs.net
York Hospital, Wigginton Road, York, YO31 8HE

Unfortunately, we were unsuccessful in completing an open food challenge:

For:

On:

Whilst on the ward your child was given antihistamines:

Cetirizine / Chlorphenamine (delete as appropriate) at

If further antihistamines are required, please consult your prescription for dose and frequency.

Please continue with your previous allergy action plan. Follow up will be arranged in the allergy clinic.

After discharge

Continue to observe for any signs of reaction such as:

- Tingling or itching of lips tongue, throat or anywhere on the body.
- Rash or hives anywhere on the body.
- Mild facial swelling or swelling of the lips.
- Abdominal pain or nausea.

If your child has any of these symptoms treat with antihistamines and observe. Continue to follow your child's allergy management plan and seek medical review if symptoms persist.

If your child has any of the following symptoms:

- Difficulty breathing, wheeze or stridor (high-pitched wheezing sound).
- Change in skin colour (looking pale or blue).
- Difficulty swallowing.
- Severe swelling of lips or tongue.

Follow your child's allergy management plan. Administer their adrenaline autoinjector, if you have one, and call 999 to seek emergency medical treatment.

If you have any concerns at all in the **24 hours** following the food challenge, please contact your nearest hospital.

York patients, please contact:

The Children's ward (Ward 17)

York Hospital

01904 726017

Scarborough patients, please contact:

Rainbow ward

Scarborough Hospital

01723 342336

After this period, please contact your GP.

The Allergy Specialist Nursing Team can be contacted, within office hours, on:

Mobile 07984 291824 or 07824 452313

Telephone 01904 721356 (answer machine only)

Email: yhs-tr.paediatricallergyysth@nhs.net.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Paediatric Allergy Service on 07984 291824 or 07824 452313 or email us at yhs-tr.paediatricallergyysth@nhs.net.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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