

# Successful Nut Challenge

Discharge Information for patients, relatives and carers

## Child Health

① For more information please contact, Paediatric Allergy Specialist Nurses  
Telephone: 01904 721356  
Mobile: 07984291824  
The York Hospital, Wigginton Road, York, YO31 8HE

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Your child has successfully completed an Open Food Challenge

For: \_\_\_\_\_

On: \_\_\_\_\_

This means your child does **NOT** have an allergy to this nut.

**You are therefore strongly advised to now include it regularly in your child's diet. Failure to continue introduction carries a risk of redeveloping the allergy.**

Please continue to give this nut at least three times a week to ensure that your child maintains their tolerance to the nut. This can be started from the day after the challenge.

Whole nuts should not be given to children under the age of five years due to the risk of choking.

If your child is allergic to other nuts please continue to check packaging for foods containing those nuts. Also do not give your child nuts from a bag of mixed nuts due to the risk of cross contamination.

If your child is prescribed an adrenaline auto-injector (e.g. EpiPen, Emerade or Jext) they should carry it for the next year. Your child may then be offered a follow-up appointment in 12 months and the pen will be removed unless it is indicated for other allergies.

## **Caring for your child at home after a challenge**

It is important that your child remains under adult supervision overnight. Most reactions are immediate or occur soon after eating the food. Very rarely a delayed reaction can occur (including an eczema flare or gastrointestinal symptoms). If the delayed reaction is mild a dose of antihistamine may be enough treatment.

If you have any concerns **at all** in the 24 hours following the Open Food Challenge please contact your nearest hospital:

**York Patients** please contact:  
The Children's Ward (Ward 17)  
The York Hospital  
01904 726017

**Scarborough Patients** please contact:  
Duke of Kent Ward  
Scarborough Hospital  
01723 342336

If your child has experienced a delayed reaction please contact the allergy team to discuss whether the nut can still be included in your child's diet.

The Allergy Specialist Nurses can be contacted, within office hours.  
Mobile: 07984291824  
Telephone: 01904 721356 (answer machine only)

## 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 Specialist Nurses, The York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 721356

## 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.

## 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 [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

## Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

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