

Following a successful 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

Your child has successfully completed an open food challenge:

For:

On:

This means your child does **not** have an allergy to this food. Please continue to give this food at least **three times a week** to ensure that your child maintains their tolerance. This can be started from the day after the challenge. Failure to do this carries the risk of redeveloping the allergy. Please follow the reintroduction advice given on the day of the challenge.

If your child is allergic to any other foods, please continue to check packaging for those allergens in any new food you give to your child.

If your child is prescribed an adrenaline autoinjector (e.g. EpiPen, Jext, etc.) they should continue to carry this. If they continue to tolerate the item challenged after a year, and they have no other food allergies, then your child will no longer be required to carry an adrenaline autoinjector. You will receive a telephone appointment around that time to discuss.

Caring for your child at home after the challenge

It is important that your child remains under adult supervision until tomorrow morning. Most reactions are immediate or occur soon after eating the food. Very rarely a delayed reaction can occur (including eczema flare or gastrointestinal symptoms). If the delayed reaction is mild a dose of antihistamine may be enough treatment. You should follow your child's allergy management plan if they have a reaction.

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

If your child experiences a delayed reaction, even one you have treated yourself at home, please contact the paediatric allergy nursing team to discuss if the challenged food can continue to be included in your child's diet.

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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