



Royal Berkshire
NHS Foundation Trust

Information for children
and their parent / carer
who have successfully
passed a food / milk
challenge

Kempton Day Bed Unit

Now your child has passed their food challenge
..... needs to include
into their diet or they may redevelop their allergy.

(Staff to write the child's name and food to be introduced into their diet in the spaces above.)

After 48 hours, please introduce the suggested foods below three times a week, unless you have been given other instructions by the doctor or nurse, and continue this for a year.

Raw cow's milk: Cow's milk and cow's milk products e.g. yoghurts, cheese and milk.

Please note that your child may have loose stools for 2-3 weeks due to lactose that is present in dairy products but please continue giving as this will settle and improve.

Baked cow's milk:

A food where cow's milk is not the main ingredient and is cooked in the oven for a minimum of 20 minutes 180°C /Mk4 e.g. cakes, biscuits, quiches and Yorkshire puddings.

Add milk to mashed potato or a pasta sauce and bake.

Lightly cooked eggs:

Meringues, pancakes, quiches, scrambled eggs and FRESH egg pasta.

Please use caution with icing (may contain raw egg white); only introduce after these other foods are well tolerated.

Well cooked eggs:

Cakes, biscuits and DRIED egg pasta. Also, egg glazed items such as rolls, buns and pastries when egg is not the main ingredient and is baked in the oven for a minimum of 15-20 minutes.

(Not meringue as egg is the main ingredient in this!)

Wheat:

In breads, pasta, Weetabix, biscuits and cakes.

Nuts: (include regularly, ideally once - twice a week)

In any form e.g. raw, cooked, whole or chopped, in sweet or savoury foods.

Fish (include regularly, ideally at least once a week)

Advice following discharge

On rare occasions, some children vomit after discharge. Oral Cetirizine is not required unless other allergic symptoms are present.

If your child should have any other allergic reactions please treat as you would have previously. Also, it is important that you phone Sue (CNS) or Kempton Staff to inform us of this and for further advice.

If your child has no other known allergies then there is no need to continue to carry their rescue medicines.

Please phone Sue (Clinical Nurse Specialist) 07788153663
Working hours- Mon 8am-1pm, Tue & Wed 8am-4pm
Kempton Day Bed Unit: 0118 322 7512 / 0118 322 8754

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This document can be made available in other languages and formats upon request.

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