



Royal Berkshire
NHS Foundation Trust

Information for families
whose child has
demonstrated that they
are no longer allergic to
the food / milk that they
were challenged to
Kempton Day Bed Unit

Now your child is no longer allergic, _____*
needs to include _____* back into their diet or
they may re-develop their allergy.

** Staff to write name and food to be introduced in spaces above.*

48 hours after their food challenge, please introduce the suggested foods below, three times a week, unless you have been given other instructions by the doctor, nurse or in this leaflet. **Please continue this for a minimum of a year.**

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 (poo) for 2-3 weeks due to lactose that is present in dairy products, but please **continue** drinking or eating milk products as this will settle and improve. If these symptoms are too distressing, please reduce the amount eaten to twice a week for two weeks and then increase the amount and frequency as tolerated.

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 at 180°C / gas mark 4.

Examples include cakes, biscuits, quiches and Yorkshire puddings.

Add milk to mashed potato, vegetables or a pasta meal and bake in the oven at 180°C for at least 15 minutes.

Baked milk recipes are available on request.

Lightly cooked eggs:

Pancakes, quiches, omelettes, scrambled or fried eggs and FRESH egg pasta.

Only introduce home-made meringues, which are cooked at very low temperatures or icing (which may contain raw egg whites) after these other foods are well tolerated. If your child struggles to eat these foods due to its unusual texture, please use egg white powder which was used during the challenge.

Well cooked eggs:

Cakes, biscuits and DRIED egg pasta. Also, egg glazed items, such as rolls, buns and pastries that have been baked in the oven for a minimum of 15-20 minutes (but as these only have small amounts of egg in these do not count as a portion of eggs).

Do not eat meringue as the egg is dried out and not cooked.

FRESH and **DRIED** pasta mainly contain egg yolks but will still have some protein in, so please eat a variety of light and well-cooked eggs and not just pasta.

Wheat:

In breads, pasta, biscuits, cakes and Weetabix.

Peanuts and tree nuts:

If under 1-year-old, three times a week. If older, at least once a week. Eat in any form, e.g. raw, cooked, whole or chopped, in sweet or savoury foods. Stronger flavoured, savoury foods will disguise the texture and taste of nuts even more. **Whole nuts should not be given to under five year olds as they can choke on them.**

All other foods:

Ideally at least once a week.

Advice following discharge from Kempton Ward

On rare occasions, some children vomit after leaving the hospital. Oral Cetirizine is not required for this unless other allergic symptoms are present.

If your child shows any other allergic reactions or more than three hives, please take your oral rescue medicine as you would have previously. Also, it is important that you phone the Paediatric Allergy Team to inform us of this and for further advice.

The Clinical Nurse Specialist will phone approximately two weeks after the challenge to discuss any reactions or concerns.

If your child has no other known allergies, then there is no need to continue to carry their rescue medicines. The GP will be asked to discontinue the prescription.

If you have any concerns or need urgent advice, please phone the Paediatric Allergy Team on 0118 322 7224.

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

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Review due: April 2022