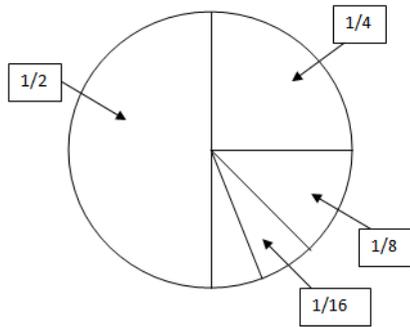


Introduction timetable

Using the cupcakes made earlier.

Day	Dose		Done?
Day 1	Give $\frac{1}{16}$ of the cake	Observe for 2 hours	
Day 2	Give $\frac{1}{8}$ of the cake	Observe for 2 hours	
Day 3	Give $\frac{1}{4}$ of the cake	Observe for 2 hours	
Day 4	Give $\frac{1}{2}$ of the cake	Observe for 2 hours	
Day 5	Give a whole cake	Observe for 2 hours	



If after Day 5 no reactions are observed, then baked egg can be introduced into the diet. We recommend having baked egg 2-3 times a week for 6 months as this will help to build a tolerance to the egg protein. Baked egg ideas include any recipe that contains egg that has been baked in the oven for at least 20 minutes, such as cakes,

biscuits and mashed potato with egg on a shepherd's pie.

You should continue to avoid lightly-cooked eggs, such as scrambled egg or omelette, until advised otherwise by your child's doctor.

Contact numbers

If you have any questions or concerns, please contact the Paediatric Allergy Team on 0118 322 7224.

Kempton Day Bed Unit 0118 322 7512.

Our 'Useful contacts' leaflet has more information on external support.

Royal Berkshire NHS Foundation Trust
London Road
Reading RG1 5AN
Telephone 0118 322 5111
www.royalberkshire.nhs.uk

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

Based on 'Reintroduction of baked eggs for children with an egg allergy' leaflet by Southampton University Hospitals NHS Trust

Paediatric Allergy Team, February 2021
Review due: February 2023

NHS

Royal Berkshire
NHS Foundation Trust

Introducing baked egg at home

Information for parents and carers

This leaflet is a guide to introducing baked egg into your child's diet safely at home. Please read carefully before starting.

Why am I being asked to do this?

We have reviewed your child's allergy history and skin prick testing results suggest that your child may now tolerate baked egg in their diet. We know that introducing baked egg into the diet and eating it regularly can help children to outgrow their egg allergy in time.

The allergy clinical nurse specialists will support you throughout the introduction at home.

What if my child has a reaction?

It is important to know what an allergic reaction looks like.

Mild to moderate symptoms

- Tingling or itchy sensation in the mouth
- Swelling of the lips, face or eyes
- Itchy/red skin
- Hives
- Vomiting / tummy pain

Give antihistamines and monitor your child's condition.

Severe symptoms

- Swollen tongue
- Difficulty swallowing
- Hoarse voice
- Wheezy breathing/tight chest
- Coughing
- Pale / floppy
- Decreased level of consciousness / collapse

**Use adrenaline pen if you have one
OR call 999 immediately stating
ANAPHYLAXIS.**

If any reactions are observed during the introduction, then please stop immediately, treat with antihistamine and contact the Allergy Team to update us. If anaphylaxis occurs, seek medical help immediately. Use your adrenaline pen if you have one.

What do I need to do before I start?

It is important to remember the following:

- You must do the challenge at home.
- Only do the challenge when your child is well.
- Ensure your child has not had antihistamine for 3 days before the challenge.
- Always have your rescue kit available (antihistamine and/or adrenaline pen).

How do I do the challenge?

The challenge will be completed over five days. We recommend doing this Monday – Friday so the clinical nurse specialist is available to support you, if you need advice.

You will need to use this recipe for the challenge:

Cupcake recipe (makes 8)

Ingredients

- 1 medium egg
- 4 oz /115g flour
- 4 oz /115g margarine
- 4 oz /115g caster sugar

Method

- Heat the oven to 180°C (gas mark 4).
- Beat together the margarine and caster sugar.
- Then beat in the egg and then the flour.
- Spoon the mixture evenly into eight cupcake cases.
- Bake for 15 minutes.
- Test a cupcake with a fork. There should be no mixture on the prongs if it is cooked properly.
- These cakes can be stored in a cool dry place and will be used throughout the week.