

## Introduction challenge timetable

Using the egg white powder sachet mixed with fruit puree or yogurt. Remember to keep refrigerated after mixing and between doses. Discard any unused mixture after 48 hours.

Day	Dose		Done?
Day 1	Give ½ teaspoon	Observe for 2 hours	
Day 2	Give 1 teaspoon	Observe for 2 hours	
Day 3	Give 2 teaspoons	Observe for 2 hours	
Day 4	Give 4 teaspoons	Observe for 2 hours	
Day 5	Give 8 teaspoons	Observe for 2 hours	

## 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](http://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



Royal Berkshire  
NHS Foundation Trust

# Introducing lightly cooked egg at home

## Information for parents and carers

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

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### 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 should now tolerate lightly cooked egg in their diet. As your child has been eating baked egg in their diet regularly and their skin prick test result is low, they may have outgrown their egg allergy.

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 done over five days.
- We advise doing this Monday – Friday so the clinical nurse specialist is available to support you, if you need advice.
- For the challenge, you will need some sachets of egg white powder and some fruit puree or yogurt.
- Mix one sachet of egg white powder into one small pot of yogurt. The powder can be quite lumpy so spend some time trying to work the lumps out.
- Offer your child doses of the yogurt according to the timetable overleaf.
- We recommend that each yogurt can last 48 hours in the fridge.
- If no reactions are observed throughout the introduction, then lightly cooked egg can be introduced into the diet.
- We recommend having lightly cooked egg a minimum of twice a week. This will ensure that the allergy does not redevelop.
- Lightly cooked egg ideas include scrambled egg, fried egg, omelette, homemade Yorkshire puddings.
- **Do not introduce raw egg into your child's diet until they can tolerate lightly cooked egg for 6 months.** (You do not need to check with the Allergy Team first, if the child is symptom-free.)