



Gloucestershire Hospitals
NHS Foundation Trust

Your child has had an unsuccessful allergen challenge

Introduction

Today the child in your care has had an unsuccessful challenge.

An unsuccessful challenge means that the child has had an allergic reaction. Most allergic reactions happen immediately after eating food or exposure to an allergen such as a medication or latex.

The child has been treated with the necessary medications and observed for at least 2-4 hours. The staff have agreed that it is safe for the child to go home.

It is unlikely that the child will become unwell again but occasionally delayed reactions can happen.

What to do if your child has a severe allergic reaction?

If your child experiences any of the following over the next 24 hours, please seek urgent medical attention. Call 999.

- Difficulty in breathing (wheezing, severe coughing, noisy breathing)
- Change in level of consciousness (fainting, dizziness, confusion, disorientation)

If prescribed, administer the child's adrenaline pen.

Mild-moderate delayed reaction:

These reactions are usually in the form of a tummy ache, feeling sick or vomiting. If the child has any other mild symptoms such as nettle rash (hives) or swelling, please

repeat their prescribed dose of cetirizine/other non-sedating antihistamine. If you need advice, please contact the Paediatric Day Unit (PDU) within opening hours, NHS 111 or the child's GP.

Follow-up

We will write to you and include an updated allergy action plan, if required. If you do not receive this correspondence within 6 weeks, please let us know. We will inform your child's GP of the results of this challenge.

Medications

The child's emergency medications will be clearly stated on their allergy action plan. We suggest that the child keeps this medication in a bag labelled 'allergy kit'.

Contact information

Paediatric Day Unit

Gloucestershire Royal Hospital

Tel: 0300 422 8452

Monday to Friday, 7:00am to 7:30pm

Email: ghn-tr.pdu.nursingteam@nhs.net

If you have any questions, please contact the Paediatric allergy team secretary:

Email: ghn-tr.paediatricallergy@nhs.net

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