



Gloucestershire Hospitals
NHS Foundation Trust

Your child has had a successful allergen challenge

Introduction

This leaflet explains that the child in your care has had a successful allergen challenge. This means they are **not** allergic to that item and it can be safely introduced into their diet.

Most allergic reactions happen immediately after the allergen has been eaten or contact made with the allergen e.g. latex, medication, and almost always happen within an hour. The child has been observed on the ward for at least 2 hours without any evidence of a reaction. It is now safe for the child in your care to go home. Delayed reactions can happen but this is extremely unlikely.

What to do if your child has an allergic reaction following their allergen challenge?

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 the level of consciousness (fainting, dizziness, confusion, disorientation)

If prescribed, administer the child's adrenaline pen.

If the child has any other mild symptoms such as nettle rash (hives) or swelling, please give their prescribed dose of cetirizine/other non-sedating antihistamine. Contact the Paediatric Day Unit (PDU) within opening hours, NHS 111 or the child's GP for advice if needed.

Follow-up

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

Discharge advice for children after challenges

Baked egg cake challenge

No reaction: The child in your care can now eat food that contains thoroughly baked eggs such as cake, pastry and processed foods.



Boiled or scrambled egg challenge

No reaction: The child in your care can now eat food that contains semi-cooked eggs such as boiled, poached, scrambled, omelettes and pancakes.



Baked milk challenge

No reaction: The child in your care can now eat food that contains thoroughly baked milk such as cake, biscuits and processed foods.

Fresh milk challenge

No reaction: It is sensible to introduce milk slowly into the child's diet. This should be over the course of a couple of

weeks as they will not be used to the lactose in milk. Too much lactose at once may result in a tummy ache or diarrhoea. After a couple of weeks these symptoms should go away.

Peanut/Tree nut challenge

No reaction: The child in your care can now eat the nut they were challenged to regularly (ideally 2-3 x week). There have been cases of peanut/tree nut allergy recurring in children who continue to completely avoid them.

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

Please email the Paediatric allergy team secretary if you have any questions:

Email: ghn-tr.paediatricallergy@nhs.net

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