

**Patient  
Information**

# Your child has had a positive allergen challenge

## Introduction

Today the child in your care has had a positive challenge. This leaflet explains what a positive challenge means.

A positive 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 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. These reactions are usually in the form of 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.

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

**If your child experiences any of the following over the next 12 hours please seek urgent medical attention. Call 999 or go to the nearest Emergency Department.**

- Difficulty in breathing (wheezing, severe coughing, noise on breathing in)
- Change in level of consciousness (fainting, dizziness, confusion, disorientation) If prescribed, administer the child's adrenaline pen.

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**GHP11314\_09\_21**

Department

**Paediatrics**

Review due

**September 2024**

**Patient  
Information****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 1 month please let us know. We will also 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](mailto:ghn-tr.pdu.nursingteam@nhs.net)

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

Email: [ghn-tr.paediatricallergy@nhs.net](mailto:ghn-tr.paediatricallergy@nhs.net)

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