

## Paediatric

# Allergy - Advice following successful completion of Baked Egg Challenge

As a result of today's challenge your child has successfully eaten egg as part of a baked product (usually cake). This means your child has gained a degree of tolerance to egg as part of a baked product, but does not mean they have fully out-grown their egg allergy.

Please read the following information carefully for guidance on what you are able to allow your child to eat at home.

### **Allowed foods containing egg products:**

- Cakes
- Biscuits that contain egg
- Pastry containing egg
- Breadcrumb and batter products containing egg
- Yorkshire pudding
- Well cooked pancakes
- Naan bread

Any other food that has been mixed with flour and baked or fried at a high temperature.



## Patient Information

### **Foods not allowed:**

These foods are **not allowed** as they either contain too much egg protein or have not been cooked at high temperature:

- Mayonnaise
- Ice cream, mousses and other chilled desserts that contain egg
- Whole egg, for example boiled egg, fried egg, scrambled egg, omelette
- Homemade French toast/eggy bread
- Meringues, marshmallows containing egg
- Raw egg contact e.g. raw cake mixture

### **How much egg containing products can my child have?**

Start by allowing amounts the same as or smaller than allowed at your challenge, for example one small fairy cake, one small Yorkshire pudding once per day. If your child does start to have mild symptoms (this may be tummy ache or nausea) give smaller amounts less frequently. If there are no symptoms after three weeks, allow egg containing foods from the allowed list freely. Your consultant will discuss with you when your child will be allowed less cooked egg products at your next appointment.

### **Delayed reactions**

My child had symptoms the day after the challenge:

Some children get delayed symptoms (usually upset tummy, eczema) the next day. You should not stop giving baked egg products but allow in smaller quantities, e.g. one small Jaffa cake, ½ a fairy cake made with less egg in the recipe. If symptoms persist, contact your consultant.

### **Contact us:**

Allergy Nurse's Office - contact Louise and Sarah via email on [childrensallergy@uhcw.nhs.uk](mailto:childrensallergy@uhcw.nhs.uk)

Telephone: Secretary for Dr Costa and Dr Macdougall on 01788 663189.

## Patient Information

**If your child has any other food allergies remember to check ingredients of all new foods being introduced.**

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact us on 024 7696 7216 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### Document History

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