

Children's Outpatients Department

Allergy - Baked Egg Challenge

The challenge will take place in the Medical Day Unit on Ward 16 at University Hospital, Coventry.

Food challenges involve testing whether a child is still sensitive to a food in a safe, controlled way. This is done by giving them increased amounts of a food, starting with very small amounts.

Parents will be responsible for baking the fairy cakes – see over for recipe.

Observations

For the first 60 minutes of the challenge a staff nurse (with a paediatric life support certificate) will be present. The nurse will be looking for signs of adverse reaction, which are:

- Rash around the mouth
- Urticarial rash (itchy rash)
- Sneezing
- Vomiting
- Irritability
- Pallor (pale skin)
- Wheezing or coughing
- Loose stool
- Stridor (croup-like breathing)
- Collapse

After the first 60 minutes your child will be checked half hourly providing a parent is present. Regular nursing observations of pulse, respiratory rate and oxygen saturations should be recorded half hourly as well as looking for all of the above.



Patient Information

Stopping the challenge

If any of the above signs appear, no further cake will be given and in the event of a rash, wheeze, stridor or more severe reaction a doctor will be contacted and the appropriate medication will be given.

Baked Egg (cake) Administration

- A small crumb of fairy cake will be given to your child and they will be observed for 20 minutes.
- If no reaction has been observed, a larger crumb will be given and again your child will be observed for 20 minutes.
- If no reaction, 1/16th of the fairy cake will be given and observed for 20 minutes.
- If no reaction, further pieces will be given until the entire fairy cake has been eaten.

Your child will be observed for a period of time following completion of the challenge. The time will vary depending on whether your child has had a reaction. You will need to stay for at least an hour following completion of the challenge. Be prepared to stay for at least four hours in total.

On the day of the challenge please bring with you:

- A packed lunch for yourself and your child.
- A favourite book or toy.
- 2 fairy cakes

Medications to be stopped before the test

If your child is on certain medications, it may interfere with the challenge and therefore needs to be stopped for a few days. Please see below:

- Short acting antihistamines such as: Piriton, Phenergan and Vallergan **should be stopped two days before the test.**
- Long acting antihistamines such as Cetirizine and Loratidine **should be stopped five days before the test.**
- Your child can continue on all asthma inhalers.

Patient Information

Please speak to Louise Bashford, Kate Weller or Sarah Pitts the allergy nurses if your child is on any other medication, if you have any concerns or need clarification about the test and stopping the medication. Obviously if the medication cannot be stopped or must be given (as in the case of an allergic reaction) please speak to the allergy nurse to rearrange the challenge.

If your child has a cough, cold or high temperature then please let us know before you arrive as we may have to cancel the challenge.

Further Information

For further information, contact the Secretary for Dr Costa and Dr Macdougall on 01788 663189. Alternatively, please contact Louise, Kate or Sarah via Email: childrensallergy@uhcw.nhs.uk

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact childrensallergy@uhcw.nhs.uk 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

Document History

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Patient Information

Baked egg challenge – Fairy cake recipe – Makes 8 fairy cakes

Ingredients

100g (4ozs) Self-raising flour
100g (4ozs) Margarine
100g (4ozs) Caster sugar
1 medium egg

Preparation and Cooking

1. Cream together margarine and sugar in a bowl until smooth and creamy
2. Add egg and beat into mixture (add a little flour if the mixture begins to curdle)
3. Add flour a little at a time and slowly fold in using a metal spoon
4. Divide mixture between 8 paper cake cakes in cake tin
5. Cook 180 degrees centigrade or Gas 4 for approx 20 minutes until firm to touch
6. Turn out onto cooling rack and allow to cool

Notes

- Use milk-free margarine for children on milk-free diets
- 2ozs flour can be replaced with cocoa for chocolate cakes, if preferred
- Please bring 2 cakes with you for your child's challenge