

## Children's Outpatients Department

# Allergy - Baked egg challenge

Food challenges involve testing if your child is still sensitive to a food in a safe, controlled way. We do this by giving your child increasing amounts of the food, starting with very small amounts.

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

**Parents will be responsible for baking the fairy cakes. See over for the recipe.**

## Observations

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

- Rash around the mouth
- Urticarial rash (itchy rash)
- Sneezing
- Vomiting
- Irritability
- Wheezing or coughing
- Loose stool



## Patient Information

- Stridor (croup-like breathing)
- Collapse

After the first 60 minutes, your child will be checked every 30 minutes. We will check for signs of an adverse reaction and check your child's:

- pulse
- respiratory rate
- oxygen saturation

## Stopping the challenge

If any of the signs of an adverse reaction appear, no more cake will be given. In the event of a rash, wheeze, stridor or more severe reaction, we will contact a doctor and the appropriate medicine will be given.

## Baked egg (cake) administration

- We will give a small crumb of fairy cake to your child. They are then observed for 20 minutes.
- If no reaction is observed, a larger crumb is given. Again, your child is observed for 20 minutes.
- If no reaction is observed, 1/16<sup>th</sup> of the fairy cake is given, and your child is observed for 20 minutes.
- If no reaction is observed, more pieces will be given until the entire fairy cake has been eaten.

Your child will be observed for some time after completing the challenge. This time will vary depending on if your child had a reaction or not.

You will need to stay for at least 1 hour after the challenge is completed. Be prepared to stay for at least 4 hours in total.

## Patient Information

### **On the day of the challenge, please bring:**

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

Please note that we do ask a parent (with parental responsibility) to accompany their child to this appointment.

### **Medicines to stop before the test**

Some medicines may interfere with the challenge. So, these need to be stopped for a few days before the test. **Please stop:**

- **Short-acting antihistamines** such as Piriton, Phenergan and Vallergan, **2 days before the test.**
- **Long-acting antihistamines** such as Cetirizine and Loratidine, **5 days before the test**

Your child can continue using all their asthma inhalers. However, if you are needing to use your blue inhaler more often, please email the allergy nurses for advice before attending your appointment.

Please speak to the allergy nurses if:

- your child is taking any other medicines
- you have any concerns
- you need clarification about the test and stopping the medicine

If the medicine cannot be stopped or you must give the medicine (like in the case of an allergic reaction), please speak to the allergy nurse. They can rearrange the challenge.

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

## Patient Information

### More information

For more information, contact 01788 663 189. Or email:  
[childrensallergy@uhcw.nhs.uk](mailto: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](mailto:childrensallergy@uhcw.nhs.uk) and we will do our best to meet your needs.

The Trust operates a smoke-free policy.

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## Allergy - 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 the margarine and sugar in a bowl until smooth and creamy.
2. Add the egg and beat it into the mixture. Add a little flour if the mixture begins to curdle.
3. Add the flour a little at a time. Slowly fold it in using a metal spoon.
4. Divide the mixture between 8 paper cases in a cake tin.
5. Bake at 180°C or Gas Mark 4 for 20-25 minutes, until the cakes are firm to touch.
6. Turn the cakes out onto a cooling rack and allow them to cool.

#### Notes

- Use milk-free margarine for children on milk-free diets.
- 5g (2oz) of flour can be replaced with cocoa for chocolate cakes if preferred.
- Please bring 2 cakes with you for your child's challenge.