

Children's Outpatient Department

Cod 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.

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.



Patient Information

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.

Stopping the challenge

If any of the above signs appear, no further fish 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.

Cod Administration

- Water boiled cod with no coating will be used.
- 0.5g cod will be given to your child and they will be observed for 20 minutes.
- If no reaction has been observed, 2g cod will be given and again your child will be observed for 20 minutes.
- If no reaction, 10g cod will be given and observed for 20 minutes.
- If no reaction, 40g cod will be given.

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 two hours following completion of the challenge.

On the day of the challenge please bring with you:

- A favourite food that we could mix the cod with such as tomato ketchup or other sauce (to make it more palatable).
- A packed lunch for yourself and your child.
- A favourite book or toy.
- We do ask that a parent (with parental responsibility) accompany the child to this appointment as written parental consent is requested.

Patient Information

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 Vallergran **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.

Please speak to the Louise Bashford, Sarah Pitts or Kate Weller 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.

Contact the allergy team via: email: childrensallergy@uhcw.nhs.uk

Secretary: 01788 663189

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

Document History

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