

Children's Outpatients Department

Allergy - Fish Cake 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.

The recipe for the fish cake can be found overleaf.

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.

Fish administration

- A small piece of fish cake will be given to your child and they will be observed for 20 minutes.
- If no reaction has been observed, a larger piece of fish cake will be given and again your child will be observed for 20 minutes.
- If no reaction, your child will be given bigger amounts of fish cake until all of the fish 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.

On the day of the challenge please bring with you:

- A favourite food that we could mix with the fish cake 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 to occupy your child
- The fish cake

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.**

Patient Information

- Long acting antihistamines such as Cetirizine and Loratidine **should be stopped five days before the test.**
- Your child can continue on all asthma inhalers. However, if your child is requiring more of the blue inhaler please contact the allergy nurse for advice.

Please speak to Louise Bashford, Kate Weller or Sarah Pitts (the allergy nurses) if your child is on any other medication or 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 us on: Secretary Nina on 01788 663189 or 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 024 7696 7216 and we will do our best to meet your needs.

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Document History

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Patient Information

Fish Cake Recipe

Ingredients

- 90g of the type of fish to be challenged for example: cod, salmon, prawn
- 1 medium potato
- 20g butter or margarine
- 30ml milk
- 2 tablespoons of bread crumbs
- 1 egg
- Oil for frying

Preparation and cooking

1. Check all equipment is clean and free from contamination
2. Peel, chop and boil potato until soft. Mash with butter and milk.
3. Put fish on tin foil and grill both sides until cooked. Mash into potato mixture.
4. Shape mixture into a ball and flatten to a fishcake shape.
5. Dip in beaten egg, roll in bread crumbs and fry both sides in a frying pan.

Alterations to recipe

For egg allergy use lemonade instead of egg or fry without breadcrumbs

For milk allergy use dairy free margarine and milk substitute

For wheat allergy use wheat free breadcrumbs or fry without breadcrumbs.