

Paediatrics

Allergy - Home introduction of baked egg

For children who have had a mild reaction to egg, for example, facial rash or vomiting (being sick), but **not** symptoms like wheezing, throat tightening or floppiness, it may be safe to try reintroducing baked egg products at home. This will be discussed with you at your clinic appointment with an allergy consultant or allergy specialist nurse.

Most children with an egg allergy grow out of it as they get older. Reactions are more likely to happen with raw or uncooked egg than with cooked egg. As children's allergies improve, they often start by tolerating well-cooked baked egg products. Over time, they may be able to tolerate lightly cooked egg, such as scrambled egg, before finally being able to eat uncooked egg.

This leaflet explains how to safely carry out an egg challenge at home. Some children who have had more severe reactions will need to have the challenge done under hospital supervision instead.

Your doctor will let you know when it is safe to try each stage of egg reintroduction. Use the following information as a general guide but remember that there may be specific instructions for your child, which your doctor will explain.

Protocol for cooked egg reintroduction at home

1. Postpone the reintroduction if your child is unwell.
2. Keep oral antihistamines available in case of reaction.



Patient Information

3. Bake fairy cake's containing egg. Make sure the other ingredients, like cow's milk, are tolerated by your child

Suggested recipe:

1 egg

4 oz (110 grams) of self-raising flour

4 oz margarine

4 oz caster sugar

This makes 8 cakes

4. Start by rubbing a small amount of cake on the inner part of your child's lips.
5. Wait for 30 minutes while your child continues with their normal activities.
6. Signs of an allergic reaction may include:
 - Itching
 - Redness
 - Swelling
 - Hives (nettle-sting type rash)
 - Tummy pain
 - Vomiting
 - Wheezing
7. If there have been no symptoms, give your child a pea-sized amount of cake to eat.
8. A day or 2 later, if there have been no symptoms, give your child twice the amount of cake to eat.
9. Repeat stage 8 until the cake is finished. Symptoms usually happen within 2 hours of the last dose. Sometimes eczema may worsen hours later or the next day. Once this stage is complete, you can repeat the process using a two-egg recipe (with 4 oz flour, sugar and margarine).
10. If symptoms appear, stop giving the cake immediately. Give your child a dose of antihistamines (as per the label) and do not give any more cake. Consider attempting reintroduction again in 6 months' time, after discussing with your doctor.
11. If the cake has been tolerated, your child should eat it regularly. You can also try other foods containing well-cooked egg, such as hard biscuits, dried egg pasta and well-cooked pancakes.

Patient Information

Do not worry if your child does not like to eat egg products – this is quite common.

Information adapted from BSACI (British Society for Allergy and Clinical Immunology)

For any concerns or questions, you can contact the allergy nurses via email at: childrensallergy@uhcw.nhs.uk

Alternatively, our secretary can be contacted on 01788 663189

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