

Children's Outpatients Department

Home introduction of baked (well cooked) egg as an ingredient for children with a history of egg allergy

For children who have had a mild reaction to egg, for example, facial rash or vomiting, but **not** wheezing, throat tightening or floppiness, it may be appropriate to try to reintroduce baked egg products at home. This will be discussed with you at your clinic appointment with your allergy consultant or allergy specialist nurse beforehand.

Most children with egg allergy grow out of it in early life. Raw or uncooked egg is more likely to cause allergy than cooked egg. As the allergy resolves with time, many children will start to tolerate well-cooked baked egg products, followed by lightly cooked whole egg, such as scrambled egg, then finally uncooked whole egg.

This leaflet is to inform parents how to perform the egg challenge at home. Children who have had more severe symptoms may need to have a challenge performed under hospital supervision.

Your doctor will advise when it is appropriate to try each stage of reintroduction. Use the following information only as a guide. There may be variations for individual children, which your doctor will explain.

Protocol for cooked egg re-introduction at home

1. Postpone the reintroduction if your child is unwell.



Patient Information

2. Have oral antihistamines available.
3. Bake fairy cake's containing egg. Make sure that the other ingredients of the cake, like cow's milk, are tolerated. (Suggested recipe: 1 egg, 4 oz or 110 grams of self-raising flour, 4 oz margarine, 4 oz caster sugar to make 8 cakes)
4. Begin by rubbing a small amount of cake on the inner part of your child's lips.
5. Wait for 30 minutes and allow your child to continue 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 two 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 occur up to 2 hours after the last dose (worsening of eczema may occur after some hours, or the next day). This can then be repeated using a two-egg recipe (with 4 oz flour, sugar and margarine).
10. If symptoms occur, do not give any more cake. Give a dose of antihistamines (according to the label) by mouth. Consider attempting reintroduction again in 6 months' time and discussion with your doctor.
11. If the cake has been tolerated, then your child should eat this regularly. Try other foods containing well cooked egg, such as biscuits and pasta.

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

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

Patient Information

The allergy nurses can be contacted by email for any concerns that you have: childrensallergy@uhcw.nhs.uk

Our secretary can be contacted on 01788 663189

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

Department:	Children's Outpatients
Contact:	27216
Updated:	July 2022
Review:	July 2024
Version:	2.2
Reference:	HIC/LFT/1787/14