

Children's Out-patients Department

Allergy - Mixed Tree Nut Cookie 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

Preparation

Parents will be responsible for providing the nut cookie. The recipe can be found at the end of this information.

Nut/s being challenged

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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;



Patient Information

- Stridor (croup-like breathing);
- Collapse.

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 nut will be given and in the event of a rash, wheeze, stridor or a more serious reaction a doctor will be contacted and the appropriate medication will be given.

Nut administration

- Your child will be given increasing doses of the nut cookie, starting with a small crumb and building up to eating the whole cookie.
- A small crumb will be given to your child to eat. Your child will then be observed for 30 minutes.
- If there is no reaction, a slightly larger piece of cookie will be given and again your child will be observed for 20 - 30 minutes.
- The cookie will continue to be given at 20 - 30 minute intervals. The pieces will gradually increase in size as the challenge progresses. Up to eight different sizes may 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 an hour following completion.

We aim to give you a mutually convenient date for your child's nut challenge at this Out Patient appointment.

On the day of the challenge

Please bring:

- A packed lunch for yourself and your child.
- The nut cookie – recipe on next page.
- A favourite book or toy.

Patient Information

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

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 Vallergan **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 **Louise Bashford, Kate Weller** or **Sarah Pitts** (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 one of the allergy nurses 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:

By email: Allergy nurse Louise, Kate or Sarah - childrensallergy@uhcw.nhs.uk

By phone: Secretary for Allergy team - 01788 663189

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

Patient Information

Cookie recipe

Ingredients

- 1 level tablespoon self raising flour
- 1 level teaspoon of margarine or butter
- 1 ½ (one and a half) teaspoons caster sugar
- 1 teaspoon golden syrup
- 2 brazil nuts
- 5 almonds
- 7 hazelnuts
- 7 cashew nuts
- 3 small walnut halves
- 5 pecan nuts
- 10 pistachio nuts
- 3 macadamia nuts
- 1-2 flat teaspoons water to mix

Preparation and cooking

Ensure all equipment is clean and free from contamination.

1. Grind nuts to a course powder by using an electric coffee bean grinder or manually grinding with pestle and mortar or cheese grinder. Rub between fingers and remove and regrind any nut chunks.
2. Place flour into bowl, add margarine and rub into flour.
3. Add sugar, syrup and nut powder and mix well.
4. Add the water and mix to a stiff dough. Roll into a ball, place on a greased tray and flatten to a biscuit shape.
5. Bake in a hot oven at 180 degrees centigrade or Gas 6 for 8-12 minutes until lightly brown.

Notes

- For milk allergy use dairy free margarine.
- For wheat allergy use flour from wheat free baking mix.
- For fussy eaters substitute 10g of flour with 10-20g of cocoa powder.

Patient Information

- Can also add chocolate chips to the mixture or spread chocolate onto the top of the biscuit once it has cooled.
- Recipe can be used for single or multiple nuts.
- For peanut biscuit or all nut challenge (tree nut and peanut) add 8 peanuts or 1 heaped teaspoon of peanut butter to the mix.

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