

Patient Information

Children's Outpatients Department

Allergy - Mixed tree nut cookie challenge

Food challenges involve testing if your child is still sensitive to a food in a safe, controlled way. We do this by giving your child increasing amounts of the food, starting with very small amounts.

The challenge will take place in the Medical Day Unit on Ward 16 at University Hospital, Coventry.

Preparation

Parents are 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 nurse with a paediatric life support certificate will be present. The nurse will be looking for signs of an adverse reaction.



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The signs of an adverse reaction are:

- Rash around the mouth
- Itchy rash
- Sneezing
- Vomiting
- Irritability
- Wheezing or coughing
- Loose stool
- Stridor (croup-like breathing)
- Collapse

After the first 60 minutes, your child will be checked every 30 minutes. We will check for signs of an adverse reaction and check your child's:

- pulse
- respiratory rate
- oxygen saturation

Stopping the challenge

If any of the signs of an adverse reaction appear, no more cookies will be given. In the event of a rash, wheeze, stridor or more severe reaction, we will contact a doctor and the appropriate medicine will be given.

The challenge

Your child will be given increasing doses of the nut cookie. We start with a small crumb and build 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. Again, your child will be observed for 20 - 30 minutes.
- The cookie will continue to be given at 20-to-30-minute intervals. The pieces will gradually increase in size as the challenge progresses. Up to eight different sizes may be given.

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Your child will be observed for some time after completing the challenge. This time will vary depending on if your child had a reaction or not.

You will need to stay for at least 1 hour after the challenge is completed.

On the day of the challenge, please bring:

- A packed lunch for yourself and your child.
- The nut cookie – recipe at the end of this information.
- A favourite book or toy.

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

Medicines to stop before the test

Some medicines may interfere with the challenge. So, these need to be stopped for a few days before the test. **Please stop:**

- **Short-acting antihistamines** such as Piriton, Phenergan and Vallergran, **2 days before the test.**
- **Long-acting antihistamines** such as Cetirizine and Loratidine, **5 days before the test.**

Your child can continue using all their asthma inhalers. However, if you are needing to use your blue inhaler more often, please email the allergy nurses for advice before attending your appointment.

Please speak to the allergy nurses if:

- your child is taking any other medicines
- you have any concerns
- you need clarification about the test and stopping the medicine

If the medicine cannot be stopped or you must give the medicine (like in the case of an allergic reaction), please speak to the allergy nurse. They can rearrange the challenge.

Patient Information

If your child has a cough, cold or high temperature, please let us know before you arrive. We may need to cancel the challenge.

More information

For more information, contact 01788 663 189. 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 childrensallergy@uhcw.nhs.uk and we will do our best to meet your needs.

The Trust operates a smoke-free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

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Document History	
Department:	Paediatrics
Contact:	27216
Updated:	January 2024
Review:	January 2026
Version:	6
Reference:	HIC/LFT/1819/14

Allergy - Mixed tree nut cookie challenge

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

1. Ensure all equipment is clean and free from contamination.
2. Grind the nuts to a course powder by using an electric coffee bean grinder. Or manually grind the nuts with a pestle and mortar or cheese grinder. Rub the powder between your fingers to remove any nut chunks and regrind these.
3. Place the flour into a bowl. Add the margarine and rub it into flour.
4. Add the sugar, syrup and nut powder into the bowl and mix well.
5. Add the water and mix to form a stiff dough. Roll the dough into a ball, place on a greased baking tray and it flatten out into a biscuit shape.
6. Bake in a hot oven at 180°C or Gas Mark 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.
- 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.