

# Children's Outpatients Department

## Allergy - Nut 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 nuts. (Depending on which nut is being challenged). Please bring these with you for the challenge appointment.

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 incremental doses of the particular nut being tested. We will start by giving your child a pinhead sized piece. We will gradually give larger amounts of nuts until your child has eaten between one and four in total. The amount given will depend on the type of nut being tested. Your child will be observed for 15- 30 minutes between each stage.

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 one 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.
- A small packet of the particular nut being tested
- A favourite book or toy

## Patient Information

### 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.**
- 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 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.

### Further Information

If you require further information you can contact the Secretary for Dr Costa and Dr Macdougall on 01788 663189. Alternatively you can contact the Allergy Nurses, Louise, Kate or Sarah, via email: [childrensallergy@uhcw.nhs.uk](mailto: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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To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

#### Document History

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