

Children's Outpatients Department

Allergy - Nut 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 will be responsible for providing the nuts. 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 nurse with a paediatric life support certificate will be present. The nurse will be looking for signs of an adverse reaction. These are:

- Rash around the mouth
- Itchy rash



Patient Information

- 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 nut 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 incremental doses of the 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 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.

Patient Information

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

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 Vallergan, **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.

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

Patient Information

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.

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Document History	
Department:	Paediatrics
Contact:	27216
Updated:	January 2024
Review:	January 2026
Version:	11
Reference:	HIC/LFT/769/08