

Patient Information

Children's Outpatient Department

Allergy - Wheat Challenge (in the form of Weetabix)

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 safe controlled way. This is done by giving them increased amounts of a food, starting with very small amounts.

Wheat (in the form of Weetabix) administration

Your child will be given incremental doses of Weetabix every 20 minutes, starting with a small crumb and building up to ½ a Weetabix. Your child will be observed closely between each stage. There are approximately nine stages in total.

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 Wheat (Weetabix) challenge at this out-patient appointment.

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 adverse reaction, which are:



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- Rash around the mouth
- Urticarial rash (itchy rash)
- Sneezing
- Vomiting
- Irritability
- Pallor (pale skin)
- Wheezing or coughing
- Loose stool
- 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 signs of any adverse reactions listed earlier.

Stopping the challenge

If any of the reactions appear, no further Weetabix will be given and in the event of a rash, wheeze, stridor or more severe reaction, a doctor will be contacted and the appropriate medication will be given.

On the day of the challenge please bring with you:

- The milk that your child drinks (except cow's milk as we have this in our Department) so that we can mix the Weetabix with a familiar milk that we know he/she is not allergic to.
- A packed lunch for yourself and your child.
- A favourite book or toy.

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:

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- Short acting antihistamines such as: Piriton, Phenergan and Vallergan should be **stopped 2 days before** the test.
- Long acting antihistamines such as Cetirizine and Loratidine should be **stopped 5 days before** the test.
- Your child can continue on all asthma inhalers

Please speak to **Louise Bashford, Kate Weller or Sarah Pitts (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.

Contact Louise, Kate or Sarah via email: childrensallergy@uhcw.nhs.uk

Secretary for both allergy consultants is Nina Dawes. She 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 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

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