

Patient Information

Children's Outpatient Department

Allergy - Cow's Milk 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

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
- 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.



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Stopping the challenge

If any of the above signs appear, no further milk 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.

Milk (in the form of cows milk or a cows milk based formula) administration

- 1 drop of milk will be given and your child will be observed for 15 minutes.
- If no reaction, 1ml of milk will be given and your child will be observed for 15 minutes.
- If no reaction, 5mls of milk will be given and your child will be observed for 15 minutes.
- If no reaction, 10mls of milk will be given and your child will be observed for 15 minutes.
- If no reaction, 30 mls of milk will be given and your child will be observed for 15 minutes.
- If no reaction, milk will then be given freely. Your child will need to have at least 200mls of milk in total. For a baby 200mls may not be achievable. An appropriate amount of milk for one feed is sufficient (based on 150mls/kg).

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 2 hours following completion.

We aim to give you a mutually convenient date for your child's milk challenge at this outpatient appointment.

On the day of the challenge please bring with you:

- The formula of choice, and any teats, bottles and cups that your baby/toddler is happy to drink from.
- A packed lunch for yourself and your child
- A favourite book or toy

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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 the **Louise Bashford or Sarah Pitts the allergy nurse** 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, please contact the Secretary for Dr Costa and Dr Macdougall on telephone: 01788 663189. Alternatively you can contact the Allergy Nurses, Louise, Sarah or Kate, via 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 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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