

Patient Information

## Children's Outpatient Department

# Caring for your child at home after a food or drug challenge

**Date of challenge**.....

**Patient name**.....

**Patient hospital number**.....

**Food challenged**.....

After your child has had a food or drug challenge they will have been observed in hospital for a period of time. The length of time depends on how they reacted to the food or drug or if there was a reaction.

When you leave the unit, make sure your child remains under close supervision overnight.

Most reactions are immediate or soon after eating the food or receiving the drug. Very rarely, a child will experience a delayed reaction and become unwell at home.



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If this reaction is mild, a dose of antihistamine may be enough treatment.

The dose of

Cetirizine for your child is .....

Or

Piriton if under 2 years old .....

If you would prefer to use another antihistamine, follow the instructions on the bottle for the correct dosage.

If there is a delayed reaction that you are concerned about, please contact your local Children's A&E Department.

**The phone number of the Children's Emergency Department at University Hospital is 024 7696 6937. Or dial 999 for an ambulance.**

If your child has a reaction at home, make the nurses aware:

- call the allergy nurses on 024 7696 4000 and ask for bleep number 5018, or
- call the allergy secretary on **01788 663189**, or
- or email [childrensallergy@uhcw.nhs.uk](mailto:childrensallergy@uhcw.nhs.uk).

## More information

If you have any questions, please get in touch with the allergy nurses. You can email them at [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.

The Trust operates a smokefree 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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[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



### Document History

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