

Patient Information

## Children's Outpatient Department

# Caring for your child at home following a food/drug challenge

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

**Patient name**.....

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

**Food challenged**.....

After your child has had a food/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/drug or whether there has indeed been a reaction.

It is important that on leaving the unit that 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.

If this reaction is mild, a dose of anti-histamine may be enough treatment. The dose of

Cetirizine for your child is .....

Or

Piriton if under 2 years old .....



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

If there is a delayed reaction that you are at all concerned about please contact your local Children's Accident and Emergency Department.

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

If your child has a reaction whilst at home, please call the allergy nurses on 02476 964000 and ask for bleep number 5018 or via the allergy secretary, on **01788 663189** or email **childrensallergy@uhcw.nhs.uk**, so that the nurses are aware.

## Further Information

If you have any questions, please get in touch with the allergy nurses by emailing them at **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](mailto:feedback@uhcw.nhs.uk)

### Document History

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