

Children's Outpatient Department

Cod 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 every 30 minutes. Nursing observations of pulse, respiratory rate and oxygen saturations are recorded every 30 minutes. We also look for signs of an adverse reaction.



Stopping the challenge

If any of the signs of an adverse reaction appear, no more fish will be given.

In the event of a rash, wheeze, stridor or more severe reaction, a doctor will be contacted and the appropriate medicine will be given.

Cod administration

- Water boiled cod with no coating will be used.
- 0.5g cod is given to your child and they are observed for 20 minutes.
- If no reaction is observed, 2g cod is given. Again, your child is observed for 20 minutes.
- If no reaction, 10g cod is given and observed for 20 minutes.
- If no reaction, 40g cod is given.

Your child is observed for a period of time after completing the challenge. This time will vary depending on whether your child has had a reaction.

You will need to stay for at least 2 hours after completion of the challenge.

On the day of the challenge, please bring with you:

- a favourite food that we could mix the cod with, such as tomato ketchup or other sauce
- a packed lunch for yourself and your child.
- a favourite book or toy.

We ask that a parent accompanies the child to this appointment as we request written parental consent.

Medicines to stop before the test

If your child is on certain medicines, it may interfere with the challenge. These need to be stopped for a few days before the test:

- **Stop short-acting antihistamines 2 days before the test.** These include Piriton, Phenergan and Vallergran.
- **Stop long-acting antihistamines 5 days before the test.** These include cetirizine and loratadine.

Your child can continue on all asthma inhalers.

Please speak to the allergy nurses if your child is on any other medicines, or if you need clarification about the test and stopping the medication.

If a medicine cannot be stopped or must be given, as in the case of an allergic reaction, speak to the allergy nurses to rearrange the challenge.

Tell us if:

- your child has a cough, cold or high temperature - we may have to cancel the challenge.
- your child is needing their blue inhaler frequently - we may need to cancel the challenge.

Contact details

Contact the allergy team via email: childrensallergy@uhcw.nhs.uk

Secretary: 01788 663189

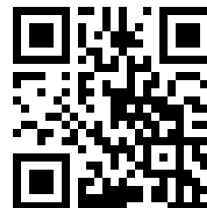
The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 7216 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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