

Children's Outpatient Department

Home Introduction of Lightly Cooked Egg

This information sheet is for children who can already tolerate well-cooked egg as an ingredient (e.g. in cakes) and wish to introduce lightly cooked whole egg at home.

Do not use this protocol if your child has had a previous severe reaction to egg.

Your allergy consultant or specialist allergy nurse will advise you when it is appropriate to try this.

1. Postpone the reintroduction if your child is unwell.
2. Have oral antihistamines available.
3. Cook a portion of scrambled eggs, but ensure that other ingredients are tolerated, such as cow's milk.
4. Begin by rubbing a small amount of the lightly cooked egg on the inner part of your child's lips.
5. Observe for 30 minutes, allow your child to continue normal activities.
6. Signs of an allergic reaction may include: Itching, redness, swelling, hives (nettle-sting type rash), tummy pain or vomiting.



Patient Information

7. A day or two later, if there have been no symptoms; give your child a small bite of freshly scrambled egg to eat.
8. Repeat stage 7 with increasing amounts of freshly scrambled egg at intervals of several days until a whole portion is finished. Symptoms usually occur up to two hours after the last dose (worsening of eczema may occur after some hours, or the next day).
9. If symptoms occur, then do not give your child any more egg. Give a dose of antihistamines (according to the label) by mouth. Consider attempting reintroduction again in six months' time and after discussion with your doctor.
10. If all of the doses have been tolerated, then your child should continue to eat lightly cooked whole egg. Try similar foods, for example boiled egg.

Do not worry if your child does not like to eat eggs this is quite common.

Further Information

Please contact us via email with any concerns: 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

Document History

Department:	Paediatrics
Contact:	27216
Updated:	March 2022
Review:	March 2024
Version:	3.2
Reference:	HIC/LFT/1801/14