

Children's Outpatient Department

Home introduction of lightly cooked egg

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

This information sheet is for children who can tolerate well-cooked egg as an ingredient, such as in cakes, and wish to introduce lightly cooked whole egg at home.

Your allergy consultant or specialist allergy nurse will advise you when it is appropriate to try the below protocol. Before you start:

- Postpone the reintroduction if your child is unwell.
 - Have oral antihistamines available.
1. Cook a portion of scrambled eggs. Make sure that other ingredients, such as cow's milk, are tolerated.
 2. Rub a small amount of the lightly cooked egg on the inner part of your child's lips.
 3. Observe for 30 minutes. Allow your child to continue their usual activities. Signs of an allergic reaction can include:
 - itching
 - redness
 - swelling
 - hives (nettle-sting type rash)
 - tummy pain
 - vomiting



Patient Information

4. A day or two later, if there have been no symptoms, give your child a small bite of freshly scrambled egg to eat.
5. Repeat stage 5 with increasing amounts of freshly scrambled egg at intervals of several days, until a whole portion is finished.
6. Symptoms usually occur up to two hours after the last dose (worsening of eczema may occur after some hours, or the next day). If symptoms occur, 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.
7. 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.

More 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 smokefree policy.

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