

Paediatric Outpatient Department

Allergy: Post challenge information for parents of children under 3 years who have successfully completed a day care challenge for peanut

Child's name

- Your child has **successfully** completed a food challenge today for peanut.
- This means that your child does **not** have an allergy to peanut.
- You are therefore strongly advised to now include it regularly in your child's diet.

Important notes on including peanuts regularly in your child's diet

- ✓ We recommend you continue to give peanut to your child regularly.
Give one teaspoon of peanut butter twice a week
- ✓ This should be started immediately the day after the challenge
- ✓ Whole peanuts should not be given to children under 5 due to the risk of choking



Examples of peanut containing foods

- Smooth peanut butter mixed with milk or mashed potato or pureed fruit.
- Bamba snack (Osem) available at Amazon, Sainsbury's, and Waitrose online. For young infants over 7 months, soften with 20-30mls water or milk or mix it with mashed potato or pureed fruits or vegetables.
- Peanut soup
- Finely ground peanuts mixed into other foods such as yoghurt.

If you feel your child is getting symptoms when given peanut (although this is unlikely), stop giving and contact the allergy team via email at childrensallergy@uhcw.nhs.uk or contact us via our **secretary on 01788 663189**.

Also, see the sheet '**Caring for your child at home after challenge**'. Ask staff for a copy.

Adapted from information provided by Leicester Royal Infirmary Children's Allergy service.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact us on 01788 663189 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

Department:	Paediatrics
Contact:	27216
Updated:	September 2022
Review:	September 2024
Version:	2.2
Reference:	HIC/LFT/2022/16