

UHCW Children's Outpatients Department

Supervised feeds

Supervised feeds involve testing whether a child is sensitive to a food in a safe, controlled way. This is done by giving them increased amounts of a food over a 30 minute period.

This will take place in the Medical Day Unit on Ward 16.

A parent or guardian with parental responsibility will need to accompany the child for this feed, as we request that a parent or guardian agree to this supervised feed and ask that a consent form is signed.

Observations

During the supervised feed an allergy nurse will be present. Together with you (as a parent) 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

The allergy nurse will assess your child prior to the commencement of the feed. The nurse will ask questions to ensure that your child is well and will record nursing observations of temperature, pulse, respiratory rate, oxygen saturations and blood pressure.

How is it given

The supervised feed will be given by the parent under guidance of the nurse. The food will be given in 3 incremental stages every 10 minutes (30 minutes in total).



Patient Information

Stopping the feed

If any of the above signs appear, no further food will be given and in the event of a rash, wheeze, stridor or more severe reaction the appropriate medication will be given.

Your child will be observed for a period of time following completion of the supervised feed. The time will vary depending on whether your child has had a reaction. You will need to stay for at least 1 hour following completion.

We aim to give you a mutually convenient date for your child's supervised feed at this outpatient appointment.

On the day of the supervised feed

Please bring with you:

- the tree nut cookie
- a favourite book, toy or homework to keep your child occupied
- any medication that your child is currently taking

Medications to be stopped before the test

If your child is on certain medications, they may interfere with the challenge and therefore need to be stopped for a few days. Please see below:

- Short acting antihistamines such as: Piriton, Phenergan and Vallergan **should be stopped two days before the test.**
- Long acting antihistamines such as Cetirizine and Loratidine **should be stopped five days before the test.**
- Your child can continue on all asthma inhalers.

Please speak to **Louise or Sarah or Kate (the allergy nurses)** if your child is on **any other medication** or if you have any concerns or need clarification about the supervised feed and stopping the medication. Obviously if the medication cannot be stopped or must be given (as in the case of an allergic reaction) please speak to the allergy nurse to rearrange the supervised feed.

Your child needs to be well on the day of the supervised feed. If your child has a cough, cold, high temperature or a worsening of their asthma, hayfever or eczema symptoms then please let us know before you arrive as we may have to cancel the supervised feed.

Patient Information

Further Information

If you require further information, please contact the Secretary for Dr Jethwa and Dr Macdougall on telephone: 01788 663189. Alternatively, you can contact the allergy nurses via email: 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 us on 02476 964000 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:	24000
Updated:	June 2022
Review:	June 2024
Version:	2.1
Reference:	HIC/LFT/2274/17