

Further information

Information on who to contact, ie web sites / telephone numbers of other departments / organisations which may be of help.

How to contact us:

Safari Day Unit
Watford General Hospital
West Hertfordshire NHS Trust
60 Vicarage Road
Watford
Hertfordshire
WD18 0HB

Tel: 01923 244366

Ext: 8694

Email: wherts-tr.safari@nhs.net

Consultant secretaries:

Watford General Hospital – 01923 217248

Hemel Hempstead General Hospital – 01442 287135

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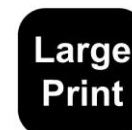


A guide to...

Negative Oral Food Challenge

Patient information

If you need this leaflet in another language,
large print, Braille or audio version,
please call **01923 217 187**
or email westherts.pals@nhs.net



What is a negative food challenge?

A negative food challenge means that your child has completed the hospital-based part of the challenge without any signs of reaction. It is important that you follow the advice below:

1. Do not give your child the tested food for 48 hours after the challenge
2. You will need to keep an eye for any possible reactions for 48 hours after the challenge

Although it is unlikely that your child will experience an allergic reaction at this stage, please be advised that:

1. They should avoid exercise, strenuous play and activities for the rest of the day as it could bring on an allergic reaction more easily
2. They can go to school the next day and continue with their usual activities

If a reaction occurs after a food challenge, please treat your child according to their **ALLERGY ACTION PLAN**.

For mild delay type reactions such as rash, eczema flare or gut symptoms (abdominal pain, loose stools or vomiting) antihistamines or eczema treatments can be used.

Severe reactions are extremely unlikely. However, if this happens give your child antihistamines or adrenaline auto injectors as necessary. Dial **999** or go to your local emergency department if required.

After 48 hours, introduce the food into your child's diet

If your child has not experienced any allergic reactions during the 48 hours following the food challenge this means your child can now tolerate the food tested. They are no longer allergic to the specific food.

We advise you to introduce this food into their diet in normal regular portions for their age at least 2-3 times a week. The food should be incorporated as part of your child's normal diet. Some patients continue to experience worry about eating the food that they ate in the food challenge. This is normal and it usually lessens after eating the food few more times after the challenge.

Remember that your child tolerated the food during the challenge, which means your child is no longer allergic to that food. It is normal for your child not to immediately like the taste of food eaten during the challenge. Continue to use caution to avoid cross contamination if your child has other food allergies.

If your child has a reaction to the food at home, stop giving it and follow their usual **ALLERGY ACTION PLAN** to treat the reaction.

Useful websites

Auto injector training

www.epipen.co.uk

www.jext.co.uk

www.anaphylaxis.org.uk

Allergy UK

www.allergyuk.org

Spare pens in school

www.sparepensinschools.uk

FoodMaestro app

www.foodmaestro.me