



**West Hertfordshire
Hospitals**
NHS Trust

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 Hospitals NHS Trust
60 Vicarage Road
Watford
Hertfordshire
WD18 0HB

Consultants' secretaries

Watford General Hospital: **01923 217248**

Hemel Hempstead Hospital: **01442 287135**

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



A guide to...

Positive Oral Food Challenge

Patient information

Author	Dr Ashley Reece
Department	Paediatrics
Ratified / Review Date	Dec 2021 / Dec 2024
ID Number	40/1173/V2



What is a positive food challenge?

A positive challenge means that your child had an allergic reaction during the challenge or observation period.

Your child should continue to strictly avoid the food implicated.

The nurse caring for your child or the Allergy Nurse will go through your child's **ALLERGY ACTION PLAN** to ensure you feel comfortable managing any allergic reactions.

Please ensure your child refrains from exercise, strenuous play and activities for the rest of the day as this may induce an allergic reaction.

Your child should have their emergency medications available at all times, even when coming into hospital. If an adrenaline pen was used to treat a severe reaction, a new pen will be dispensed before your child is discharged.

It is normal to feel disappointed after experiencing a reaction during a food challenge. It can also be a valuable experience in helping you and your child recognising symptoms of an allergic reaction.

For parents it is important to encourage your child to talk about their experience. Please do not use word 'fail' in front of your child when talking about food challenge outcome, but praise your child for participating. It is also possible that your child will experience increased worry about food challenge after an allergic reaction. This is normal, and most patients feel better in few days.

Your child should strictly continue to avoid the food implicated.

Please ensure that you have an up-to-date Allergy Action Plan and emergency medication available at all times.

Your child should be able to go to school, the next day, following a positive food challenge.

Your child's consultant will be informed with the outcome of the challenge.

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