

Food allergies

Sometimes our kids eat foods that can make them feel sick. This is their immune system or body reacting to the food.

They may have:

Mild to moderate allergic reaction



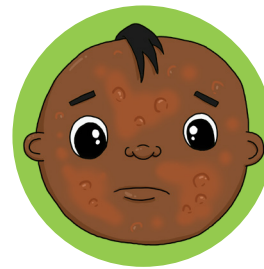
Mild rash, runny nose or itch



Swelling lips, face and eyes



Tingling mouth



Rash and lumps



Tummy pain, vomiting (signs of anaphylaxis for insect allergy)

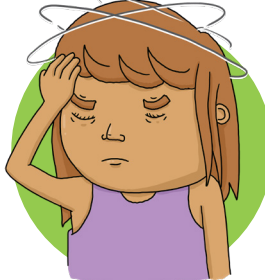
Severe allergic reaction



Swelling/ tightness in throat and difficulty talking/ hoarse voice



Difficult or noisy breathing wheeze or an ongoing cough



Dizziness or they faint



Pale and floppy (young bubs)



Swollen tongue

Your doctor may ask bub to see an Immunologist (immune system doctor). They will yarn to you and bub about doing some tests. One of the tests will be a food challenge. This is to find out what foods they might be allergic to.

Good to know

If bub has been wheezing or unwell with asthma, please call the Immunology / Allergy team a week before their appointment to see if the test can go on. This is to make sure bub is well enough to do the test.

On the day of the test you will need to bring:

- Food for the test like bread, scrambles eggs, nuts, a nurse will tell you which food. Bring food bub likes eating to hide the food challenge in so bub can't see it.
- Medication if bub has any like an EpiPen / auto injector.
- Toy or activities for a long day.

On the day

- Yarn to bub so they're not scared and know what's going on.
- A nurse will take bub's weight, height and temperature.
 - This may happen a couple of times during the test.
- A lung function test may be done if bub has asthma.
- Skin prick test will be redone.
- The test starts with small amounts of food at first.
- Wait and see if there is any reactions to the food- this may take all day.



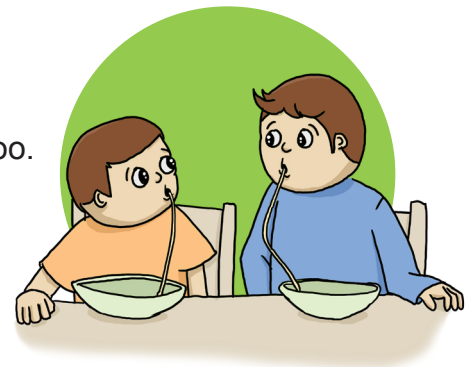
What will happen if there is a reaction?

The Immunologist or Allergist will yarn with you to see if it's best to continue or stop. If there is an anaphylactic or severe reaction, the adrenaline auto injector (EpiPen) will be given and bub will stay in hospital for about 4 hrs.

A mild or moderate reaction and the food challenge will stop. A dose of antihistamine may be given.

After the food challenge:

- The nurse will give you information to take home.
- Bub will need to stop eating the foods they are allergic too.
- If there is a severe reaction they may need to follow an anaphylaxis action or management plan, just in case bub eats the food they're allergic to.
- If there is no reaction to the challenge food, they can eat it at home. The allergy nurse will text after 2 weeks to see if everything is going well. If bub has a reaction to the food, they will need to stop eating the food.
- A follow up appointment will be made for 12 to 18 months' time.



If you have any **questions** call the Immunology Department on 6456 4360.

To reschedule: if bub is unwell call the Immunology Department on 6456 4360.



Government of **Western Australia**
Child and Adolescent Health Service

Child and Adolescent Health Service

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