



Introduction of PEANUT into your child's diet

You should discuss when to introduce peanut with your doctor, allergy nurse or dietitian. This leaflet outlines a safe way to do this.

Children with a history of the following symptoms should **not** reintroduce peanut at home;

- Anticipated risk of severe reaction such as anaphylaxis or breathing difficulties.
- Your child's doctor / allergy nurse has advised against this based on awaited or recent blood or skin tests.

If there is a history of any of the above peanut will need to be reintroduced within a hospital setting and under the supervision of a trained healthcare professional.

Practical pointers of Peanut introduction

Before starting the reintroduction process or progressing to the next step, ensure the following;

- Your child is well at the time.
- All gastrointestinal symptoms have settled and or eczema is not flared
- Your child does not have any antihistamine in their body as this may mask a reaction.
- Make sure foods do not contain any other ingredients which your child is allergic to
- Don't introduce any other new foods during the peanut introduction
- Ideally introduce foods early in the day, at a time when you are not busy and able to monitor for adverse symptoms. Have your child's antihistamines available.
- Don't force your child to have a particular food as remember these foods are new to your child so they may be hesitant at first.
- If your child is at school/ nursery keep them on a nut free diet there and just reintroduce at home so you can control portion sizes and note any reactions.
- If your child spends time at more than one home, agree a plan between you.

Steps of Peanut Introduction

If your child seems to react to the peanut (immediate redness, rash or swelling) please stop, give antihistamine and inform the allergy nurse. If concerned dial 999.

Step	Amount
Step 1	Skin Rub (smear small amount peanut butter on to skin) If not signs of reaction after 15 minutes go to step 2
Step 2	Lip Rub (smear small amount on to lips) If not signs of reaction after 15 minutes go to step 3
Step 3	Offer tip of a teaspoon amount. If not signs of reaction after 15 minutes go to step 4
Step 4	1/8 th of a teaspoon. If not signs of reaction after 15 minutes go to step 5
Step 5	¼ of a teaspoon. If not signs of reaction after 15 minutes go to step 6
Step 6	½ of a teaspoon. If not signs of reaction after 15 minutes go to step 7
Step 7	1 full teaspoon. If not signs of reaction after 15 minutes go to step 8
Step 8	2 teaspoons.

You should continue to give peanut at least 2 teaspoons twice a week to maintain tolerance.

For further support please contact your Paediatric Dietitian on 0121 424 1674 or Allergy nurse on 0121 424 2393.

This leaflet should only be used in conjunction with advice from your Doctor, Paediatric Dietitian or Paediatric Allergy Nurse. Information is correct at time of writing

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email interpreting.service@uhb.nhs.uk