

# Home Food Re-introduction – Patient Information Sheet

## Why have I received this leaflet?

The Allergy team has reviewed your clinical history and allergy test results. These suggest that a food allergy is very unlikely.

Instead of attending hospital for a supervised food challenge, we have recommended a home food reintroduction. This involves introducing the food at home following a structured plan.

## Why should I carry out a home food reintroduction?

A home food reintroduction helps confirm that you are not allergic to the food. Successfully reintroducing the food means you can include it in your diet again.

## How do I carry out the home food reintroduction?

- 1) Plan your home food reintroduction using the guidance provided by the Allergy team.
- 2) Please go through the checklist below (**Appendix-I**) to help ensure it can be carried out safely.
- 3) Have another adult with you during the challenge.
- 4) If completing the challenge in the evening, finish at least 2 hours before going to bed.
- 5) Avoid contamination of the challenge food with other foods. For example, if introducing a single tree nut, do not use nuts from a mixed packet.
- 6) If you have been asked to introduce more than one food, complete one food challenge before starting the next on a different day.

## What should I do if I develop a reaction?

It is very unlikely that you will develop an allergic reaction during your home food reintroduction. Symptoms of an allergic reaction may include:

- Itching or rash (hives)
- Swelling of the lips, face or tongue
- Sneezing
- Wheezing or persistent cough
- Feeling sick or vomiting
- Dizziness or fainting
- Difficulty breathing

If you develop any symptoms, stop the food reintroduction immediately.

For mild symptoms, such as itching or a mild rash, take an antihistamine as advised by the Allergy team.

If you develop difficulty breathing, persistent wheezing, swelling of the throat, feel faint or collapse, seek emergency medical attention immediately by calling 999.

Please contact the Allergy Service to let us know what happened. Do not try the food again until you have discussed it with a member of the Allergy team.

## **What happens once I complete the reintroduction successfully?**

If you complete the home food reintroduction without developing an allergic reaction, food allergy has been excluded.

You do not need to avoid the food and we recommend that you include it in your diet regularly.

When should I contact the Allergy Service?

## **Appendix-I. Home Food Re-introduction Checklist**

Ensure **ALL** the following applies before starting your home food reintroduction.

- ☐ I am feeling well and do not have a cold, infection or new rash.
- ☐ My asthma is well controlled (if applicable).
- ☐ I have another adult with me during the challenge and for at least 2 hours afterwards.
- ☐ I have the correct food and understand the food introduction schedule.
- ☐ I know not to mix the challenge food with other foods (for example, if introducing a single tree nut, I will not use nuts from a mixed packet).
- ☐ I have chosen a suitable time of day to carry out the home food reintroduction and will not start it within 2 hours of going to bed.
- ☐ I have my prescribed rescue medication readily available (if applicable).
- ☐ I know who to contact if I develop a reaction.

## **Contact Us**

If you have any other questions or concerns:

- Telephone: 0121 424 1807 or 0121 424 2169 (Monday to Friday, 9am to 5pm)
- Email: [I&AMedicalSecretaries@uhb.nhs.uk](mailto:I&AMedicalSecretaries@uhb.nhs.uk)

## **Useful Links:**

- [www.allergyuk.org](http://www.allergyuk.org). – Helpline and information service to support people with allergies
- [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk). – Training, support and advice to help people live with allergy
- [www.bsaci.org.uk](http://www.bsaci.org.uk). – The British Society for Allergy and Clinical Immunology. Helpful for both patients and health care professionals alike
- [www.bda.uk.com](http://www.bda.uk.com). (British Dietetic Association (BDA))
- [www.nhs.uk/conditions/food-allergy/](http://www.nhs.uk/conditions/food-allergy/).

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