

Patient information factsheet

Following your successful food challenge

This factsheet explains what to expect following your successful food challenge. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our allergy team.

Your name:

Your consultant's name:

Date of food challenge:

Your food challenge

You have successfully completed a food challenge for:

Today has demonstrated that you are able to consume a standard portion size of this food and are therefore no longer deemed allergic.

After your successful food challenge

You should not take part in any strenuous activities for the rest of the day. You can resume your normal daily activities tomorrow.

In the unlikely event that you experience any delayed symptoms, do not eat the food you were challenged to and contact our allergy team using the details at the end of this factsheet.

Introducing the food into your diet

It is safe for you to include the following food(s) in your diet from 48 hours after your successful food challenge.

It is important that you regularly include the food(s) listed above in your diet (two to three times a week) to help maintain your tolerance.

If you have any other food allergies, please continue to avoid foods and drinks containing the food(s) you are allergic to, unless we have told you otherwise.

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Frequently asked questions

When can I start eating this food?

48 hours after your successful food challenge, you can eat this food as a regular part of your diet.

How often should I eat this food to maintain tolerance?

We recommend having this food two to three times a week to help maintain tolerance.

Do I still need to carry adrenaline auto injectors?

You should continue to carry your two adrenaline auto injectors with you at all times, unless we have told you otherwise.

Contact us

If you have any questions or concerns, please contact us using the details below:

Asthma, allergy and clinical immunology (AACI) team

Telephone: **023 8120 8054** (Monday to Friday, 9am to 5pm)

Telephone: **023 8120 8220** (out of hours)

Email: allergy@uhs.nhs.uk

Allergy dietitians

Telephone: **023 8120 6072** or **023 8120 5544** (Monday to Friday, 8am to 4pm)

Useful links

www.nhs.uk/conditions/food-allergy

www.allergyuk.org

www.anaphylaxis.org.uk

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

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