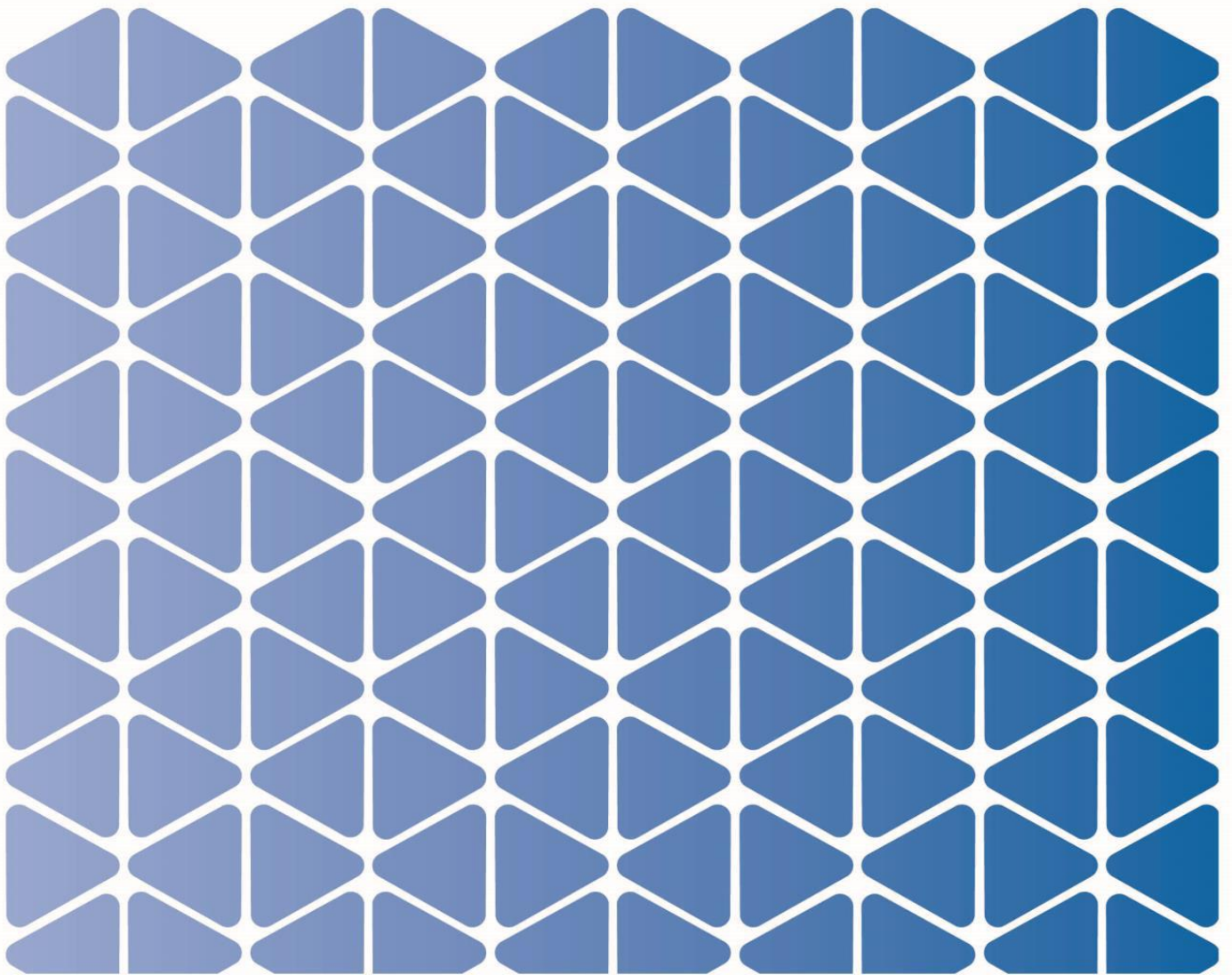


PATIENT INFORMATION

HOME BAKED EGG INTRODUCTION



General Information

Egg allergy is common in young children, but nearly all will outgrow their allergy by school age. The allergic proteins in eggs are changed and become less allergenic when mixed with a flour matrix and heated (such as cake or biscuit containing egg). Having small amounts of this 'baked' egg is also helpful in getting children to gain tolerance to egg, which is why you are being given information on egg reintroduction. However, not all children will outgrow their egg allergy and a small number remain allergic. These children will need to continue with a totally egg free diet.

Can I reintroduce egg into my child's diet?

You will be advised by the Dietitian or Doctor when you can try your child on a small amount of baked egg in foods e.g. sponge cake. You should read the home reintroduction plan below and will have regular reviews to check on your progress.

The first stages of reintroduction will NOT be allowed at home, (but will need to be on the hospital day ward under medical supervision) if your child has had any of the following listed below; this is so that we can monitor him or her more closely and sometimes give a smaller dose of egg.

- Respiratory (e.g. swelling of the throat, cough, wheeze, difficulty in breathing) or cardiovascular (faintness, drowsiness) symptoms when reacting to eggs.
- Poorly controlled/unstable asthma.
- Moderate/severe eczema, and/or
- Other known severe food allergy with a positive allergy test to egg

We are happy to carry out a supervised challenge if you feel particularly anxious about giving your child egg.

Procedure for Home Baked Egg challenge

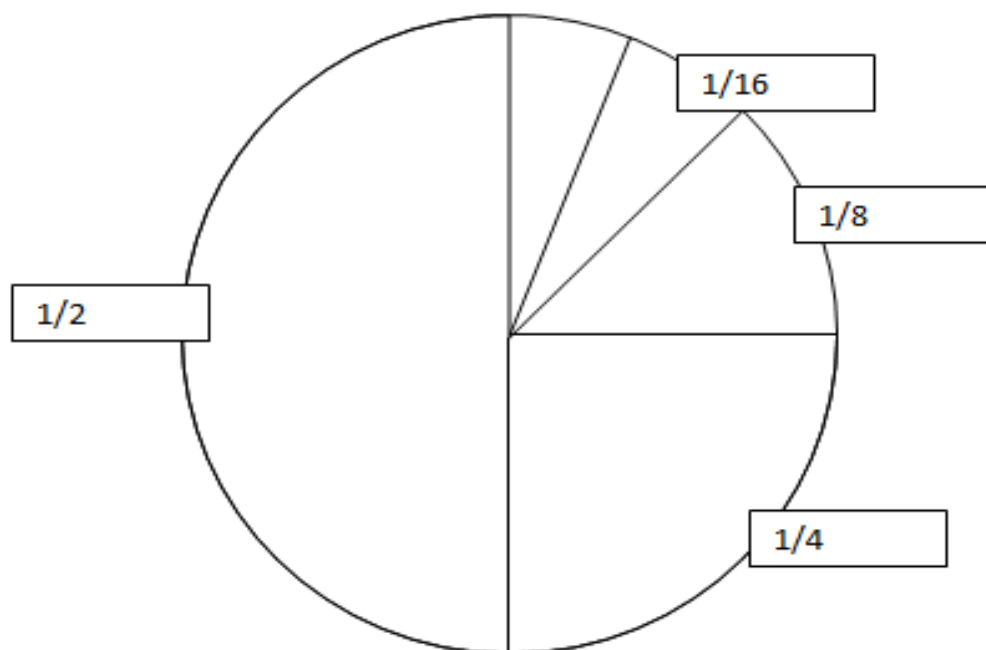
Recipe for fairy cakes (makes 8)

4oz Self-raising flour	Mix margarine and sugar to a pale paste
4oz margarine	Mix in egg and then fold in flour
4oz caster sugar	Spoon into fairy cake cases and bake for
1 medium egg	10 – 12 minutes at 180 degrees

Home challenge steps

1. Cut fairy cake in half 4 times
2. **Day 1:** Give your child 1 piece ($\frac{1}{16}$) of fairy cake to eat. Wait 24 hours
3. **Day 2:** Give your child 2 pieces ($\frac{1}{8}$) of fairy cake to eat. Wait 24 hours
4. **Day 3:** Give your child 4 pieces ($\frac{1}{4}$) of fairy cake to eat. Wait 24 hours
5. **Day 4:** Give your child $\frac{1}{2}$ of a fairy cake to eat. Wait 24 hours
6. **Day 5:** Give your child a whole fairy cake to eat.

Measuring a Fairy Cake (viewed from the top):



Notes:

- You may stay at each stage for longer than is shown in the steps, but do not increase to the next dose quicker.
- Try to give a dose every day, even if it is just 1 crumb. If you miss several days (e.g.) child unwell), give a smaller dose when you restart and build up.
- If your child refuses cake, try a cookie or savoury biscuit recipe and add a similar amount of egg (e.g. 1 medium egg between 8 biscuits/cookies)
- Do not increase the dose if your child is unwell.
- If you start to see symptoms, reduce the dose to a level that is tolerated. Symptoms can be abdominal pain, loose stool, and/or worsening of eczema as well as rashes.
- If you choose to buy a cake, or decorate your cake with icing, **CHECK THE INGREDIENTS OF THE ICING.** Many cake icings (including ready-made butter icing, fondant, royal, frozen gateaux) contain raw egg white and may cause a severe allergic reaction.
- If your child has other food allergies e.g. nut, milk, continue to check ingredients for those allergens.

NB: Fairy cakes can be frozen so that they remain fresh whilst trying reintroduction.

What next?

If your child has eaten a 1-egg recipe fairy cake with no symptoms then follow the same plan with a 2-egg recipe. When they can tolerate a 2-egg recipe, try other foods that are baked and contain eggs such as those listed in stage 2. Try to have something every day, but reduce the quantity if there is evidence of any symptoms. Continue to be careful with icing.

Stage 1	Stage 2	Stage 3
Follow 1 egg cake recipe reintroduction plan above. Gradually introduce 2 egg recipe cakes. Avoid icing	Allow other cakes, biscuits, batters that contain egg (see list for ideas). Include something every day.	See separate advice sheet for when and how to move onto less cooked egg foods

Stage 3:

Do NOT try foods from Stage 3 until you have discussed this with your Dietitian or Doctor, even if you are regularly eating foods from stage 2. Stage 3 foods include

- Whole egg products (e.g. boiled or scrambled egg, quiche, omelette and egg sandwich, egg fried rice).
- Raw egg and raw egg products (e.g. mayonnaise, some mousses, ice-creams and uncooked desserts containing egg) and contact with raw egg (e.g. cake mixture).

Your dietitian will give you a separate information sheet on moving onto these foods and assessing if your child has outgrown their egg allergy.

Treatment of allergic reactions

If it has been suggested that you progress onto trying small amounts of baked egg, the Dietitian or Doctor will have felt confident that this is safe to do so, so as long as only small doses are started initially the advice above is followed. However, your child may still have a small risk of reacting, and the following advice is suggested.

1. If it is the first dose, or an increased dose of food that contains egg, only give the 'dose' of egg at home where your child can be supervised by a parent for at least 1 hour after ingestion (e.g. give after rather than before school).
2. Keep an antihistamine medicine at home and give a dose straight away if symptoms occur.
3. For abdominal pain, give paracetamol.

In the rare instance that your child experiences any respiratory reaction e.g. coughing or wheezing or any other symptoms you are concerned about, seek medical help.

HOME REINTRODuCTION OF WHOLE / LESS WELL COOKED EGG (only if recommended by your doctor or dietitian)

This will only be recommended if your child:

- Is usually over 2 years old
- Has been eating food amounts of a 2-egg cake recipe (or equivalent) and other foods from stage 2 (see separate advice sheet, Home baked egg reintroduction) for at least 3 months without any symptoms, and
- Has a negative or significantly reduced allergy test to egg.

Only follow this plan after discussion with your dietitian or doctor.

Procedure

1. Try a small piece of well cooked omelette or scrambled egg the size of a small button. Wait 24 hours.
2. If no immediate or delayed symptoms have occurred, give an amount double to that in stage 1. Symptoms can include rashes, vomiting, diarrhoea, abdominal pain or eczema. Continue to give doubling doses (minimum 24 hours apart) until 1 medium well cooked egg has been eaten. Reduce the amount or stop if any symptoms are present.
3. When 1 egg has been tolerated, try small amounts of other well cooked egg foods such as hard boiled eggs, Scotch eggs, quiche and egg fried rice. See table below for ideas.
4. Once whole egg is tolerated and freely being eaten in the diet, try small amounts of less cooked egg – see table)

Treatment of allergic reactions

Your dietitian or doctor has suggested that your child progress onto trying small amounts of whole egg. The dietitian or doctor will have felt confident that this is safe to do as long as only small amounts are started initially and the advice above is followed. However, your child may still have a small risk of reacting, so the following advice is suggested.

1. Only give your test 'dose' of egg at home where your child can be supervised by a parent for at least 1 hour after ingestion (e.g. give after rather than before school).
2. Keep an antihistamine medicine at home and give a dose straight away if symptoms occur.
3. For abdominal pain, give paracetamol.
4. In the rare instance that your child experiences any respiratory reaction e.g. coughing, wheezing or any other symptoms you are concerned about, seek medical help.

Food list for reintroduction of baked egg

Stage 2 (see advice above on introduction)	Stage 3 AVOID THESE as they contain high quantity of egg protein or are less cooked
<p>Shop bought cakes, muffins (check icing), cake bars e.g. lemon slice</p> <p>Scotch pancakes, breads containing egg e.g.</p> <p>Nann bread</p> <p>Home-made cakes</p> <p>Biscuits and cookies containing egg e.g.</p> <p>Jaffa cakes, Millies cookies</p> <p>Savoury biscuits containing egg. e.g.</p> <p>TUC</p> <p>Pastry containing egg, egg glazes on pies</p> <p>Choux pastry e.g. eclairs/profiteroles</p> <p>Sponge puddings e.g. chocolate sponge, Bakewell tart, sticky toffee</p> <p>Sponge fingers, trifle sponges and trifle</p> <p>Quorn</p> <p>Egg used as a binder e.g. fishcakes, vegaburgers, sausages</p> <p>Dried egg pasta, egg noodles</p> <p>Egg as an ingredient in instant gravy</p> <p><i>Some Yorkshire pudding/batter (see below)</i></p> <p>Chocolates or sweets containing nougat e.g. Milky Way/Mars and sweets e.g. Chewits, Chupa lolly, hard cooked meringue (<i>these contain egg white only, caution in those with known egg white only allergy</i>)</p> <p>Any other food with egg as an ingredient which contains flour and is baked in an oven</p>	<p>Omelette</p> <p>Scrambled/boiled/fried/poached egg</p> <p>Scotch egg</p> <p>Meringues</p> <p>Quiche or flan</p> <p>Egg fried rice, egg fu yung</p> <p>Japanese soups</p> <p>Egg custard, egg custard tart, patisserie cream filling, bread & butter pudding</p> <p>Crème brulee, panacotta</p> <p>Tempura batter</p> <p>Lemon curd</p> <p>Soft merignue, lemon merignue tart</p> <p>Mayonnaise</p> <p>Fresh mousse</p> <p>Rich/luxury ice creams e.g. Italian, Ben & Jerry's</p> <p>Sorbets</p> <p>Marshmallow filling e.g. snowballs some teacakes, mallow spread</p> <p>Cake icing e.g. fondant, Royal, some rich butter cream</p> <p>Sauces e.g. Hollandaise, Tartar</p> <p>Cheese containing egg white lysozyme e.g. Frico edam, gouda and grana padana</p> <p>Confectionery with fondant centre</p> <p>Raw cake mixture</p> <p>Any other uncooked food containing egg or egg white as an ingredient</p>
Frozen and ready-made batter e.g. ready-made Yorkshire puddings and fish batter, contain considerably less egg with	For advice on when your child will be allowed to introduce these foods see separate advice sheet

greater heating than home-made, and can be included in stage 2. For home-made batter (including pancakes), use ½ the egg given in the recipe initially; ensure it is <u>well cooked</u> and start with small pieces only.	<u>‘Home introduction of whole/less cooked egg’</u>
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Food list for reintroduction of whole and less cooked egg

Whole egg foods (Egg yolk and white fully cooked)	Raw egg products
Omelette Scrambled or hard-boiled egg Scotch egg Meringues – hard Quiche or flan Egg fried rice, egg fu yung Japanese soups Egg custard, egg custard tart, patisserie Cream filling, bread & butter pudding Crème brulee, panacotta Tempura batter Lemon curd	Soft Meringue, lemon meringue tart Mayonnaise Fresh Mousse Rich/luxury ice creams e.g. italian, Ben & Jerry’s Sorbets Cake icing e.g. fondant, Royal, some rich butter cream Sauces e.g. Hollandaise, Tartar Soft boiled/fried/poached egg with soft centre Cheese containing egg white lysozyme e.g. Frico edam, gouda and grana padana Confectionary with fondant centre Raw cake mixture
Introduce initially in small doses at least 24 hours apart	Only try these foods when 1 hard boiled egg daily is fully tolerated Only try in trace amounts initially

Table in parts adapted from BSACI guidelines on the management of egg allergy (2010).

Adapted from Leaflet produced by Leicester Children’s Allergy Service, Leicester Royal Infirmary, (Updated September 2012)

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.