

# Following an Unsuccessful Open Food Challenge

Discharge Information for patients, relatives and carers

## Child Health

① For more information please contact, Paediatric Allergy Specialist Nurses  
Telephone: 01904 721356  
Mobile: 07984291824  
The York Hospital, Wigginton Road, York, YO31 8HE

---

Unfortunately we were unsuccessful in completing an Open Food Challenge

for \_\_\_\_\_

on \_\_\_\_\_

Whilst on the ward your child was given:

Chlorphenamine at \_\_\_\_\_

If required this can be repeated every four to six hours.

Please continue with your previous allergy action plan. A follow up will be arranged in allergy clinic.

## **After discharge please continue to observe for any signs of reaction such as:**

- Tingling or itching lips, tongue, throat or anywhere on the body.
- Rash/Hives anywhere on the body.
- Facial swelling or swelling of the lips or tongue.
- Abdominal pain or nausea.
- Difficulty breathing, wheeze or stridor (high-pitched, wheezing sound).
- Change in skin colour (looking pale or blue).
- Difficulty swallowing.

If you have any concerns at all in the 24 hours following the Open Food Challenge, please contact your nearest hospital:

**York Patients** please contact:  
The Children's Ward (Ward 17)  
The York Hospital  
01904 726017

**Scarborough Patients** please contact:  
Duke of Kent Ward  
Scarborough Hospital  
01723 342336

After the period please contact your GP.

The Allergy Specialist Nurses can be contacted, within office hours, on  
Mobile: 07984291824  
Telephone: 01904 721356 (answer machine only)

## Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Paediatric Allergy Specialist Nurses, The York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 721356

## Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

## Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

Owner	S. Fisher, Paediatric Allergy Specialist Nurse & Dr C. Magson, Consultant Paediatrician
Date first issued	August 2015
Review Date	April 2024
Version	4 (issued April 2021)
Approved by	Child Health CGG
Document Reference	PIL 918 v4

© 2021 York Teaching and Scarborough Hospitals NHS Foundation Trust. All Rights reserved.

[www.yorkhospitals.nhs.uk](http://www.yorkhospitals.nhs.uk)