

# Children's allergy clinic

## Information for patients, parents and guardians

Your child has been diagnosed with an allergy and is under the care of our allergy clinic at Southampton Children's Hospital (SCH).

We have written this factsheet to give you more information about our clinic and the service we provide. 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.

### What is the children's allergy clinic?

Our children's allergy clinic offers a full service for children with severe and multiple allergies.

Your child might come to our clinic for:

- allergy testing
- treatment
- immunotherapy (or desensitisation)

We try to run a service that is responsive to every family's needs. We rely on you to tell us what you need from your child's allergy clinic appointment.

Some families will need more frequent appointments, but in general we feel that children should be seen at these key points in their childhood:

- 4 years old (preschool) - just before they start primary school
- 7 to 8 years old (year 3) - around the time they start junior school
- 10 to 11 years old (year 6) - around the time they start secondary school
- 12 to 13 years old (year 8) - allergy transition clinic
- 15 to 18 years old (year 11 to 13) - before they leave school or start college

### Contact us

Please contact our children's allergy clinic if:

- you need advice about your child's allergy
- you have a problem managing your child's allergy in school or nursery
- you have a question about your child's rescue medicine or adrenaline auto injector
- you have a question about your child's visit to the day ward
- your child has had an allergic reaction
- your child has had a serious allergic reaction and used the adrenaline auto injector
- there has been a problem or accident with your child's adrenaline auto injector

### **Paediatric allergy patient advice line**

The paediatric allergy patient advice line is there to help you if you have any questions or need advice in between your child's outpatient appointments.

Telephone: **07557 214 836**

If your call goes through to voicemail, please leave a message and include your child's name, a contact telephone number and their hospital number or date of birth. We will do our best to return your call within 72 hours. Alternatively, you can email your query to **childrensallergy@uhs.nhs.uk**

Please note that this number is not for emergencies. If you need urgent medical help, you should call **999** for an ambulance.

### **Appointments**

If you need to change your child's appointment, please call our paediatric outpatient appointment line.

Telephone: **023 8120 4477**

### **Other useful numbers**

John Atwell day ward

Telephone: **023 8120 4511**

Children's allergy secretaries

Telephone: **023 8120 4335**

### **Auto injector training**

Please look at the company's website that manufactures your child's adrenaline auto injector pen. It has a really useful training video about how to use an adrenaline auto injector. The Epipen and Jext websites also provide free text-alert services to remind you when your child's pen is due to expire.

- [www.epipen.co.uk](http://www.epipen.co.uk)
- [www.jext.co.uk](http://www.jext.co.uk)
- [www.emerade-bausch.co.uk](http://www.emerade-bausch.co.uk)

The companies listed above have also produced a trainer device, which is just like your child's auto injector device, except that it has no adrenaline and no needle. It can be used and re-used to teach yourself and others to be confident when using an auto injector device in an emergency. If your child was not issued with a trainer device when they were diagnosed, please request one from the company that supplies your child's auto injectors.

We recommend that you and your family refresh your skills on a regular basis by practicing with your child's trainer device. This could be done at the beginning of each school term or each time you collect a new device.

### **Medical ID and alert products**

Medical bracelets, jewellery and awareness products will help to raise awareness of your child's allergy and give vital information to others to help your child.

### **Mediband**

Website: [www.mediband.co.uk](http://www.mediband.co.uk)

### **Allergy Kids**

Allergy Kids sells adjustable allergy and medical alert wristbands for children. They each have a character and alert message on the wrist strap.

Website: [www.allergykids.co.uk](http://www.allergykids.co.uk)

### **MedicAlert**

MedicAlert supplies an identification system of necklaces and bracelets that are supported by a 24-hour emergency telephone service that is accessible from anywhere in the world.

Website: [www.medicalert.org.uk](http://www.medicalert.org.uk)

### **Useful links**

#### **SCH allergy clinic factsheets**

These factsheets have been written by our team to help you and your child through the early stages of learning to live with allergies.

Website:

[www.uhs.nhs.uk/OurServices/Childhealth/Childrensallergyandimmunology/Childrens-allergy/Patientinformation.aspx](http://www.uhs.nhs.uk/OurServices/Childhealth/Childrensallergyandimmunology/Childrens-allergy/Patientinformation.aspx)

### **Anaphylaxis campaign**

The anaphylaxis campaign was set up to help people who have life-threatening allergic reactions to foods, latex and insect stings. They supply useful information and support through their website and telephone helpline about managing food allergy, allergy in schools, food alerts and other allergy information.

Website: [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

Helpline: **01252 542029**

### **Allergy UK**

Allergy UK is the leading national charity dedicated to supporting the estimated 21 million allergy sufferers in the UK. They provide a dedicated helpline, support network and online forum for those with allergies.

Website: [www.allergyuk.org](http://www.allergyuk.org)

Helpline: **01322 619898**

### **Spare Pens in School**

A useful website if you wish to know more about managing allergies in school.

Website: [www.sparepensinschools.uk](http://www.sparepensinschools.uk)

### **FoodMaestro app**

The FoodMaestro app is a useful resource developed in partnership with Guy's and St Thomas' NHS Foundation Trust. It allows you to enter your personal food requirements, scan food labels and search to find suitable foods in UK supermarkets. It is free to download on Apple and Android devices.

Website: [www.foodmaestro.me](http://www.foodmaestro.me)

### **Spoon guru app**

Website: [www.spoon.guru](http://www.spoon.guru)

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **023 8120 4688**.

For help preparing for your visit, arranging an interpreter or accessing the hospital please visit [www.uhs.nhs.uk/additionalneeds](http://www.uhs.nhs.uk/additionalneeds)

[www.uhs.nhs.uk/childrenshospital](http://www.uhs.nhs.uk/childrenshospital)

Version 1. Published March 2020. Due for review March 2023. 2431