

Reintroduction of baked eggs for children with an egg allergy

Information for patients, parents and guardians

We have given you this factsheet because we would like you to reintroduce egg to your child's diet. Children with an egg allergy will often tolerate baked eggs, such as those found in certain cakes. This factsheet will explain how to do this safely at home. 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.

Eating baked egg on a regular basis may help your child to grow out of their egg allergy in time. Try making a batch of cakes using the recipe below:

Recipe: Apple cake (makes eight)

Ingredients	Method
1 egg, beaten (British Lion stamped) 100g apple purée (a baby jar or pouch) or 25g sugar 50g vegetable oil 80g plain flour 1 level teaspoon baking powder	1. Preheat your oven to 180°C fan (or gas mark 6) and prepare eight mini cake cases. 2. Mix the apple purée, egg and vegetable oil in a bowl until smooth. 3. Add the flour and baking powder to the bowl and mix together. 4. Divide the mixture equally between the eight cake cases and bake for 15 minutes. 5. The cakes should be kept in an airtight container for up to three days.

If you would prefer to use a different recipe, please contact our allergy dietitians using the telephone number at the end of this factsheet.

First reintroduction at home

We recommend that you only do this when your child is well.

1. Rub a small amount of cake on the inner part of your child's lip.
2. Wait for 30 minutes.
3. If no symptoms appear, give your child a pea-sized piece of cake to eat. You should then watch your child for symptoms for the next two hours.
4. If no symptoms appear, the next day, give your child another piece of cake that is twice the size. Watch your child again for symptoms for two hours.
5. Continue doubling the amount of cake on a daily basis until one cake has been eaten. This should take about six days.

Next steps

If tolerated, baked egg can become a normal part of your child's diet. You can then start to try some of the foods below:

- plain cakes
- glaze on pastry (for example, sausage rolls)
- shop bought products containing egg (for example, sausages or gravy granules)
- dried egg noodles and fresh egg pasta (only if cooked for 10 minutes)
- Quorn products or similar micro protein products
- shop bought, precooked, frozen Yorkshire puddings
- shop bought, ready-made pancakes and scotch pancakes

What if my child has an allergic reaction?

You should have a food allergy action plan in place. Please also make sure that you know how to recognise the symptoms of an allergic reaction.

Have an antihistamine syrup available in case of a minor allergic reaction. Examples include Chlorphenamine (Piriton) or Cetirizine (Piriteze).

Please let the allergy nurse specialists and/or dietitians know if your child has a reaction. Do not give your child any more baked egg. We will put a plan in place for your child.

Contact us

If you have any questions or concerns, please contact the children's allergy team (Monday to Friday, 9am to 5pm). Please leave a message with your name and telephone number if no one answers your call.

Children's allergy nurse specialists
Telephone: **07557 214836**

Children's allergy secretaries
Telephone: **023 8120 4335**
Email: **childrensallergy@uhs.nhs.uk**

Children's allergy dietitians
Telephone: **023 8120 6072**
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