

Reintroduction of lightly cooked egg 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 lightly cooked egg back into your child's diet. Children with an egg allergy will often tolerate lightly cooked egg, such as scrambled egg, after a period of time tolerating baked egg, such as in cake. 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.

Please note that we use egg white powder rather than scrambled egg because it allows us to control for differences in cooking. Egg white powder can be bought from most large supermarkets and can usually be found in the baking section.

Egg white powder and yoghurt recipe

1. Mix one sachet of egg white powder (5g) into one pot of yoghurt.

You may find it helpful to mix the egg white powder into a small amount of water before mixing this with the rest of the yoghurt. This will help to prevent lumps. Follow the instructions for preparation on the packet.

First reintroduction at home

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

1. Give your child half a teaspoon of yoghurt containing egg white powder. You should then watch your child for symptoms for the next two hours.
2. If no symptoms appear, the next day, allow your child to eat twice the amount of yoghurt (a teaspoon). Watch your child again for symptoms for two hours.
3. Continue doubling the amount of yoghurt (containing egg white powder) on a daily basis until one pot of yoghurt has been eaten. This process will take between five and seven days. You may wish to change the yoghurt and powder mix every 48 hours.

If your child tolerates this, we would consider that they are no longer allergic to egg. Lightly cooked egg can become a normal part of your child's diet. Some common foods are listed below:

- meringues
- lemon curd
- quiche
- scrambled, boiled or poached egg
- bread and butter pudding
- crème caramel
- omelette

- egg in batter
- egg in breadcrumbs
- hollandaise sauce
- egg custard and 'real' custard
- pancakes and Yorkshire puddings
- tempura batter

Raw egg

Egg white powder is very close to raw egg, but a few children may experience mild symptoms when they eat raw egg. After your child has been eating lightly cooked egg regularly for a few months, you can start to introduce raw egg.

Rub a small amount of raw egg, such as cake mix, on the inner part of your child's lip. You should then watch your child for symptoms for the next two hours. If tolerated, your child can eat foods containing raw egg, including:

- sorbet
- royal icing
- horseradish sauce
- tartar sauce
- raw egg in cake mix and other dishes
- fresh mousse
- fresh mayonnaise
- fresh ice cream
- homemade marzipan
- salad cream

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).
- Do not give your child any more egg white powder.
- Please let the allergy nurse specialists know if your child has a reaction. 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).

Children's day ward
Telephone: **023 8120 4511**

Allergy nurse specialists
Telephone: **07557 214836**

Allergy clinic secretary
Telephone: **023 8120 4335**

Email: **childrensallergy@uhs.nhs.uk**

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

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