

Allergy and Immunology

Home introduction of a new food

Before you introduce a new food:

- Introduce the new food when your child is well
- Introduce one food at a time
- Choose a time when you will be able to observe your child for several hours after ingestion of the new food.
- If your child is on regular antihistamine treatment, withhold during the introduction period (unless otherwise indicated by your allergy specialist). Continue to give your child all other regular medications (e.g. asthma medications, eczema creams, nasal sprays etc).

Food Introduction procedure:

Day	Solid Food	Liquid Food
1.	1/8 teaspoon	1 ml
2.	¼ teaspoon	2.5 ml
3.	½ teaspoon	5 ml
4.	1 teaspoon	10 ml
5.	2 teaspoons	20 ml

Continue to double the dose of the new food until a 'normal' serve of the food for your child is being given.

If at any time you are concerned that a reaction to the food is occurring STOP giving the food. If concerned contact or attend your nearest medical facility.

It is important to document:

- The most recent amount of the new food.
- The amount of time between ingestion and reaction.
- The length of time the reaction lasted.
- The type of reaction e.g. hives, rash, vomit, diarrhoea.
- Whether any medication was given.
- Where possible take a photo of the reaction.