

If your child has any reaction to the medicine being challenged, the challenge will be stopped and appropriate treatment given.

You may consider bringing a small treat as a reward for your child's participation.

You and your child must remain on the ward / unit throughout the challenge, and for at least 2 hours afterwards. If your child has any reaction, you may have to stay longer. In some cases the allergy team may have decided to carry out the challenge over 2 days and so an overnight stay will be arranged. You will be made aware of this before you arrive.

If you have other children, please make arrangements to have them cared for, in case you have to stay late.

AFTER THE CHALLENGE

The Doctor will discuss the result of the Medication Challenge with you, and answer any queries you may have.

If the challenge is not successful, you will be advised that your child should continue to avoid that medicine.

This will be discussed in further detail prior to discharge.

If the challenge is successful, your child will no longer need to avoid that medicine.

In some cases you may be asked to give your child further doses of the medication at home, to test for delayed reactions.

If your child shows any new symptoms after exposure to the medicine, such as rash, tummy pain or vomiting, please let us know.

Please contact the child's parents if you are worried about the child in your care at any stage. Ensure to notify them of any bleeding or bruising you may notice.

For more information on the Medication Challenge, please contact the Allergy Department in Our Lady's Children's Hospital, Crumlin, Dublin.

CONTACT DETAILS

Allergy Nurse: 01 409 6100 - Bleep 8521 / 8530

Allergy Team: 01 409 6100 - Bleep 8531

Allergy Secretary: 01 409 6013

Remember: Ask your nurse if you are unsure about anything about your child's care.

Developed by Allergy Department

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Our Lady's Children's Hospital, Crumlin, Dublin 12

....where children's health comes first

Information for teachers/ carers of a child on a Medication Challenge



**Our Lady's Children's Hospital
Crumlin Dublin 12**

Phone: 01 409 6100

WHAT IS A MEDICATION CHALLENGE?

A Medication Challenge involves giving a medication to a patient in increasing doses to see if they can tolerate it.

Usually this test is performed when a child has had some sort of reaction and it is not clear to the doctors whether or not a particular drug caused the reaction.

The allergy team may perform allergy skin tests before doing the drug challenge. Sometimes these tests can take 1-2 hours and may be arranged on a separate day.

During the challenge your child may be given graduated doses of the relevant medicine.

The test usually takes 4 – 6 hours

Performing a medicine challenge in the Hospital allows us to treat any allergic reaction promptly and appropriately.

TO PREPARE FOR THE CHALLENGE

Your child will need to be fit and well to participate in the challenge.

If your child is unwell for any reason, has been using their rescue inhaler more than usual in the week before the challenge, or has been on steroid medication, please contact us.

Do not give antihistamines (e.g. Pyltek; Piriton; Cetirizine) during the 5 days preceding the drug challenge. If your child needs antihistamine, give the medicine and contact the team to reschedule.

Asthma inhalers and eczema creams should not be stopped.

If your child is on any other medication continue giving it. If in any doubt, feel free to contact us to discuss it.



THE DAY OF THE CHALLENGE

- Your child should have a light breakfast, (e.g. cereal or toast) and a drink before coming to the hospital for a morning admission, light snack before an afternoon admission.
- Allow plenty of time to get to the Hospital, and to park, if necessary.
- Only bring the child who is undergoing the challenge.
- Please bring toys, books, games for your child to play with during his/her stay
- Bring chargers for any games, phones, etc.
- Dress your child in light, non-restrictive clothing, as we will need to examine his/her skin frequently.
- Bring a change of clothes for your child.
- Bring a snack for your child for after the challenge.

WHAT WILL HAPPEN ON THE DAY OF THE CHALLENGE?

Your child will be seen by the Allergy Doctor and Nurse, who will:

- ❖ Make sure that your child is fit to undergo the challenge.
- ❖ Discuss any questions or concerns you may have.

You will be asked to sign a consent form.

Your child will be weighed, have his/her blood pressure and pulse checked. We will measure the level of oxygen in his/her blood by placing a small probe (light) on a finger.

Your child's skin will be examined carefully to check for any existing redness, hives, marks or blemishes.

Any necessary allergy skin tests will be carried out before the challenge begins.

In some cases your child will need a cannula inserted before beginning the challenge.

He/she will be checked by the Nurse or Doctor regularly throughout the challenge.

If, during the challenge, you notice anything different about your child's appearance or behaviour, please inform the team.

The Nurse or Doctor will remain with your child throughout the Challenge.