

Home baked hen's egg introduction

A guide for parents and children seen in our allergy service

This information sheet will guide you through the process of home baked egg introduction. This process involves gradual introduction of baked egg, starting from a small dose and increasing the amount over the period of approximately three months.

What does baked hen's egg mean?

This means baking egg as an ingredient in food for at least 20 minutes at 180°C in order to change the structure of the egg protein. The fairy cake recipe provided below is a convenient and tasty way to prepare baked hen's egg.

Why we are recommending home baked egg introduction

We have performed allergy tests which indicate that your child has a good chance of tolerating baked hen's egg. This means that after you have performed home baked egg introduction, your child should be able to consume baked hen's egg without having an allergic reaction.

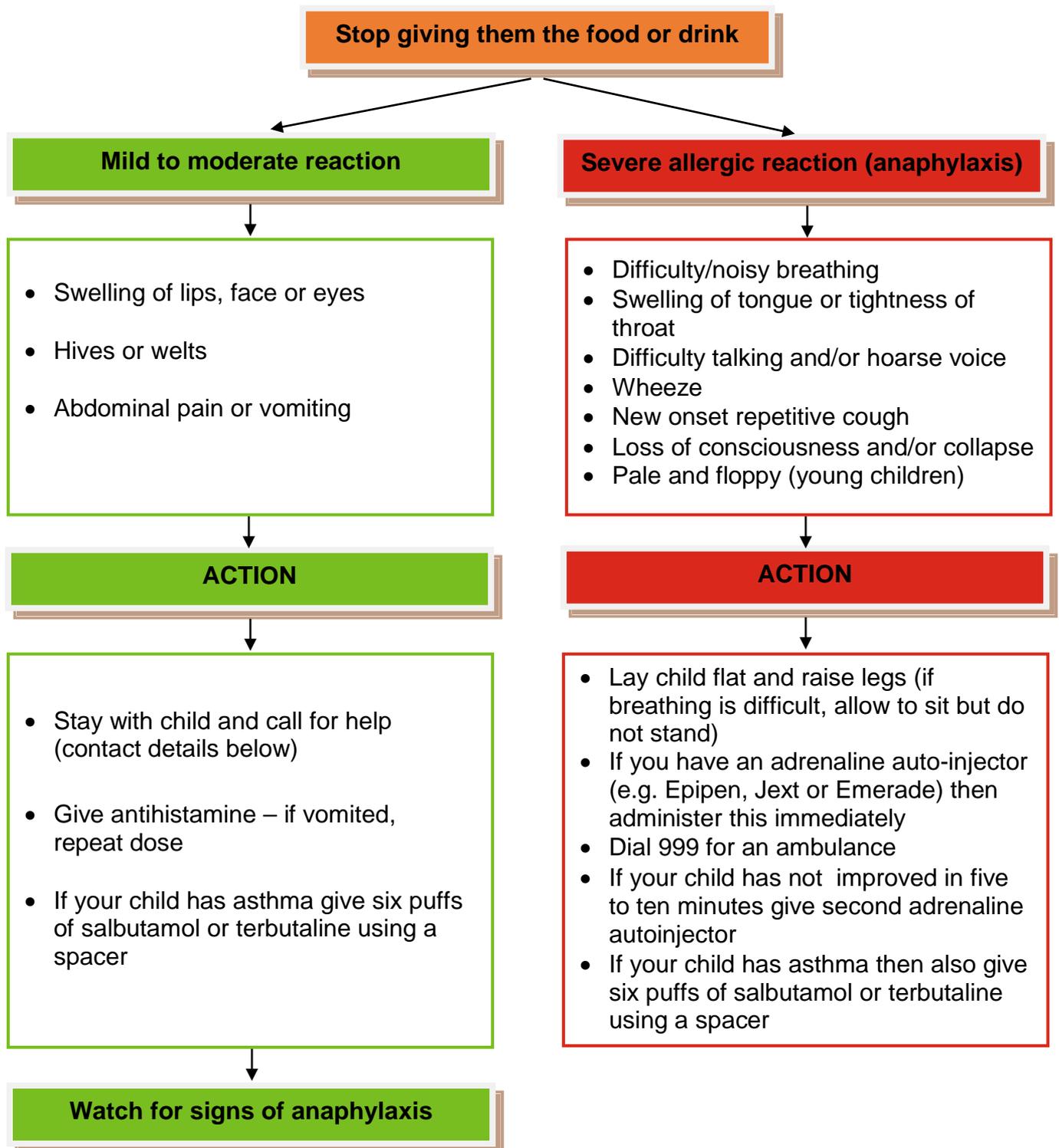
When to perform the home baked egg introduction

- Ensure your child is well with no illness (including mild coughs and colds).
- Ensure that their eczema, asthma or hay-fever has not flared up.
- Your child can continue to take their regular antihistamines (e.g. Piriton, Cetirizine, Loratidine) throughout home desensitisation.

Where to perform home baked egg introduction

- Ensure that the first time you give the food and each time you increase the amount of food you give to your child, you do this in your own home (not at nursery or school).
- You will need to allow sufficient time to observe your child for at least two hours after the first dose and after each of the first increased doses of baked hen's egg.
- Ensure that you have easy access to your child's emergency medications, as stated on their emergency plan, in case of an immediate allergic reaction. This type of reaction can occur within minutes or up to two hours after eating the food.
- If your child has any signs of an immediate allergic reaction, stop giving the food and give the necessary medications (use the flow diagram on page 2).

What to do if your child has an immediate reaction to the food



If you are unsure whether your child is having an allergic reaction, stop giving the food and observe closely for any symptoms

How to do home introduction using baked hen's egg

Fairy cake recipe (to make 10 fairy cakes)

Ingredients

- 125g (4oz) self-raising flour
- 125g (4oz) butter or margarine (use milk or soya free margarine where necessary)
- 125g (4oz) caster sugar
- *1 medium egg

Method

- Preheat the oven to 180°C/350°F/Gas 4.
- Cream the butter or margarine and the sugar together until light and fluffy.
- Add the whisked egg to the mixture. Slowly fold in the self-raising flour.
- Add a small amount of milk (soya/rice/oat milk) if the mixture appears too thick.
- Spoon the mixture evenly into paper cases sitting in a bun tin.
- Cook for approximately 20 minutes until risen and bouncy to touch.

Each fairy cake will contain approximately 1/10th of an egg.

Set aside one fairy cake for the first week of baked egg introduction and either eat the rest or freeze to use for the other doses. The cakes should be used within three months of freezing.

*This one-egg recipe may be adapted to increase the amount of egg in each fairy cake by simply adding one more egg to the ingredients.

Tips: If your child does not like cake, you can use other recipes for baked foods that contain egg (e.g. biscuits, bread or pastry). However, make sure the alternative food contains the same amount of egg (e.g. one biscuit would need to contain 1/10th of an egg) as the recipe above and also ensure it is baked for at least 180°C for 20 minutes.

Before you start

Ensure that the food you are using for the home baked egg introduction **does not contain or is not contaminated** with any other foods that your child is allergic to or has never eaten before.

If your child completely refuses to eat the food, do not force them.

Start with dose 1 and only proceed to the next dose if it has been well tolerated for the suggested duration of time (i.e. 2-3 times a week for 4 weeks).

If there are no signs of an allergic reaction proceed to the next dose and continue increasing the doses according to instructions in the tables on the next page.

Giving the baked hen's egg

The following table explains how much fairy cake to give each week. Increase the amount of fairy cake according to the following schedule.

In weeks 1-10, use the one-egg fairy cake recipe. Each cake will contain 1/10th of a medium sized egg.

When you get to week 11-12, re-bake the fairy cakes using two eggs in the recipe provided. This will allow you to increase the amount of baked egg you give your child without having to give more than one cake.

Dose	Weeks	How much fairy cake?	How often? For how long?
1	1-2	1/8 fairy cake (1 egg recipe)*	3 times a week 1-2 weeks**
2	3-4	1/4 fairy cake (1 egg recipe)*	3 times a week 1-2 weeks**
3	5-6	1/2 fairy cake (1 egg recipe)*	3 times a week 1-2 weeks**
4	7-8	1 whole fairy cake (1 egg recipe)*	3 times a week 1-2 weeks**
5	9-10	1 1/2 fairy cakes (1 egg recipe)*	3 times a week 1-2 weeks**
6	11-12	1 whole fairy cake (2 egg recipe)*	3 times a week 1-2 weeks**

* The portion sizes (doses) apply to fairy cakes prepared by the recommended recipe.

** Your dietitian or clinician may adjust the up-dosing schedule if needed.

What to do if your child has a delayed allergic reaction to the food?

- Occasionally, children can experience a delayed allergic reaction during the home introduction program.
- This type of reaction usually occurs at least two hours after eating the food but can occur up to 24-48 hours after the food has been introduced.
- Children with eczema may get intermittent flares regardless of the home introduction program. Children may also get mild abdominal pain or loose stools. Do not stop the home introduction program if your child displays these mild symptoms.
- If your child is getting moderate-severe and consistent symptoms of eczema or loose stools / abdominal pain please stop the home baked egg introduction program and contact our team on the number on the back page of this leaflet.

After completing home-based baked egg introduction

- Once you have completed all the steps in the home baked egg introduction program, your child can start to have other products that contain baked egg (see examples below).
- Continue giving foods containing only baked egg until you have reviewed your child's progress with your child's allergy doctor, nurse or dietitian.

Note: It remains essential that your child continues to avoid loosely cooked and raw egg for the time being. See examples below of foods that contain loosely cooked and raw egg.

Examples of baked and well-processed egg that should be tolerated		
<ul style="list-style-type: none"> • Plain, shop-bought cakes (avoid royal icing) • Homemade cakes and sponge puddings • Biscuits e.g. Jaffa cakes, sponge fingers, cookies, TUC crackers 	<ul style="list-style-type: none"> • Quorn • Dried Egg Pasta • Dried Egg Noodles • Egg in sausages (vegetarian and meat varieties) 	<ul style="list-style-type: none"> • Chocolates or sweets containing egg e.g. nougat, Milky Way, Mars bars, Chewits • Egg in some gravy granules e.g. chicken-flavoured gravy
Examples of loosely cooked or raw egg that should be avoided until you have seen your child's doctor in clinic		
Lightly cooked egg (egg yolk and white cooked until solid)	Raw egg	
<ul style="list-style-type: none"> • Fresh pancakes • French toast (eggy bread) • Bread and butter pudding • Lemon curd • Some marshmallows • Meringues • Quiche or flan • Scrambled egg • Omelette • Boiled egg • Fried egg • Poached egg • Egg fried rice • Yorkshire puddings – with soft centre e.g. sticky batter • Fish, meat or vegetables fried in egg-based batter or tempura batter • Scotch egg in breadcrumbs • Crème bruleé • Egg custard • Fresh custard 	<ul style="list-style-type: none"> • Soft meringue e.g. on lemon meringue pie • Fresh mayonnaise • Fresh mousse • Some fresh ice creams • Some fresh sorbets • Royal icing (both ready-made and powdered) • Raw egg in cake mix and other uncooked dishes • Soft boiled, poached, fried or scrambled eggs with some runny, uncooked egg white and yolk • Horseradish sauce • Tartare sauce • Hollandaise sauce • Cheeses that contain egg white lysozyme e.g. Frico edam, gouda and grana Padano 	

Table contents adapted from the Egg Ladder by Tanya Wright and British Society for Allergy and Clinical Immunology (BSACI) guidelines 2010

Contact us

Please contact us if your child has an immediate or delayed allergic reaction to the food that they are having home introduction to on **020 7188 8494 Monday- Friday 9am-5pm**.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003, Monday to Friday, 10am-5pm **e:** letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111 **w:** 111.nhs.uk

NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

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