

# Allergy service – follow-up and discharge information

**Your child has been diagnose with an allergy and is under the care of the Children's Allergy Service at St Thomas' Hospital.**

We do not need to see most of our patients every year, due to the rate that allergies change and develop. As a minimum, children with food allergies should instead be seen at these key points in their childhood:

- At 4 years old - just before they start primary school
- At 7-8 years old (Year 3) junior school
- At 10-11 years old (Year 6) around the time they start secondary school
- At 12-13 years old (Year 8)
- At 15 years old (Year 10-11).

Between these key points, your child may be discharged to their GP who will need to refer your child back for those time points. From 16 years old, if your child needs regular yearly allergy appointments, they will be seen by the adult allergy service at Guy's Hospital and this will usually be an internal referral from the children's allergy service.

Some families will need more frequent appointments, which will be agreed during your visit. If you feel your child needs an extra visit, for example, because they have developed new allergies or current problems have got worse, discuss this with your GP who can contact us directly and arrange an appointment where necessary.

Asthma increases the risk of having bad allergic reactions to food. If your child has asthma and a food allergy, they should be seen in a local asthma clinic (at your GP surgery or local hospital). If you think your child has developed asthma, please speak to your GP and if they do not already carry an adrenaline injector device, please ask your GP if this may be necessary.

Please remember that if your child carries an adrenaline injector device, they come in different doses:

- If your child weighs less than 25kg they will need the 150mcg dose.
- If your child weighs 25-50kg they will need the 300mcg dose.
- If your child weighs more than 50kg they will need the 500mcg dose device (if available), otherwise they should have 2 x 300mcg devices available at all times.

## Contact us

If you have any questions or concerns, please contact the allergy service: secretaries, **t:** 020 7188 9525, nurses, **t:** 020 7188 9783, dietitians, **t:** 020 7188 8494

Allergy nurses telephone call-back, book at  
**w:** [www.zesty.co.uk/practices/children-allergy-nurse-helpline](http://www.zesty.co.uk/practices/children-allergy-nurse-helpline)

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** [www.evelinalondon.nhs.uk/leaflets](http://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](mailto: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](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto: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](mailto:languagesupport@gstt.nhs.uk)

## NHS 111

This service 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:** [www.111.nhs.uk](http://www.111.nhs.uk)

## NHS website

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

**w:** [www.nhs.uk](http://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](mailto:members@gstt.nhs.uk) **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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