

Allergy service – follow-up and discharge information

Your child has been diagnosed 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 points in their childhood:

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

Between these ages, your child might be discharged to their GP, who will need to refer them back to us 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. This will usually be an internal referral from the children's allergy service.

Your child might be put on the patient initiated follow up (PIFU) pathway.

Discharge to PIFU process

If your child is discharged to PIFU, it is your responsibility as parent or legal guardian, to request the follow up from the children's allergy department at the time you were told at your child's appointment. This is usually 2 to 3 years. If you do not request the appointment within that time, your child will be discharged to their GP and need a new referral.

To request the follow up, **phone** 020 7188 3300 (option 2) or **email** gst-tr.allergypaediatrics@nhs.net with your child's name, date of birth and, if possible, their hospital number. The hospital number can be found on letters from Evelina London Children's Hospital about your child. You do not need to go back to the GP to request this follow up. You might not be offered an appointment before the time agreed in clinic, but you can contact us if you have any urgent queries.

Discharge to GP process

If your child lives locally, they might be discharged to their GP with a request that they refer your child back in 2 to 3 years. If you are told that this is the plan, you will need to remind the GP at that time so that they can make a new referral.

Some families need more frequent appointments, which will be agreed during your visit. If you think your child needs an extra visit (for example because they have developed new allergies, or current problems have got worse), discuss this with their 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 their GP surgery or local hospital). If you think your child has developed asthma, please speak to their GP. If your child does not already carry an adrenaline injector device, ask your GP if this might 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 25kg to 49kg, 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 team:

secretaries, [phone](tel:02071889525) 020 7188 9525

nurses, [phone](tel:02071889783) 020 7188 9783

nurses telephone call back, [web](http://mydrdoctor.co.uk/clinic/childrensallergynursehelpline) mydrdoctor.co.uk/clinic/childrensallergynursehelpline

dietitians, [phone](tel:02071888494) 020 7188 8494

For more information on conditions, procedures, treatments and services offered at our hospitals, please visit [web](http://www.evelinalondon.nhs.uk/leaflets) 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, [phone](tel:02071883003) 020 7188 3003, Monday to Friday, 10am to 5pm
[email](mailto:letstalkmedicines@gstt.nhs.uk) letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), [phone](tel:02071888801) 020 7188 8801 [email](mailto:pals@gstt.nhs.uk) pals@gstt.nhs.uk. To make a complaint contact the resolution department [phone](tel:02071883514) 020 7188 3514 [email](mailto:complaints2@gstt.nhs.uk) 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, [phone](tel:02071888815) 020 7188 8815 [email](mailto:languagesupport@gstt.nhs.uk) 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, [phone](tel:111) 111
[web](http://www.111.nhs.uk) www.111.nhs.uk

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