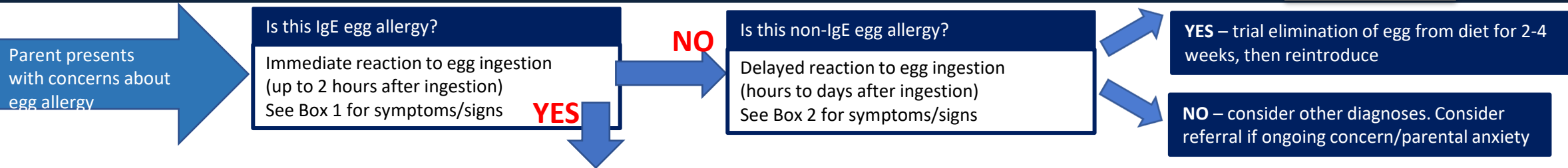


# Egg Allergy in Children – Primary Care Guidance



Mild	Moderate	Severe
Under 2 years at time of reaction	2 years and above at time of reaction	Any evidence of <b>severe reaction/anaphylaxis</b> – check ABC symptoms.
Reaction to raw or well cooked egg e.g. scrambled/boiled	Reaction to baked egg e.g. cake or scotch pancake	- <b>Airway</b> - hoarse voice/cry, persistent cough, stridor, excessive drooling, difficulty swallowing, swollen tongue
Skin reaction – urticaria, erythema, angioedema	More than 1 episode of vomiting	- <b>Breathing</b> – wheeze, cyanosis, breathlessness/increased work of breathing
1 x vomit or mild abdominal pain	Severe abdominal pain, recurrent vomiting or diarrhoea	- <b>Circulation and consciousness</b> - pale, floppy, dizzy, unusually and profoundly sleepy, loss of consciousness, tachycardia, hypotension
No other symptoms – check ABC symptoms (see Box 1)	Asthma on regular inhaled corticosteroids	
Not on regular inhaled corticosteroids	Severe eczema, no response to moderate topical steroids	
No or mild/moderate eczema	Other suspected food allergies	

### Home introduction of egg

Prescribe chlorphenamine prn (for under 2 years)  
Provide [BSACI allergy action plan](#) and discuss this with parents.  
Start with baked egg when at least 12 months old and 6 months from last reaction  
If no reaction move onto well cooked egg after 6 months  
Encourage early introduction of peanut  
Provide parent with following leaflets:

- [Egg allergy information leaflet](#)
- [Home introduction of egg leaflet](#)
- [Weaning your food allergic baby](#)

### Refer to allergy service

Prescribe antihistamine (see box 3)  
Advise to avoid all egg if not already eating baked egg  
Provide [BSACI allergy action plan](#) and discuss this with parents.  
Refer to secondary care service  
Encourage early introduction of peanut unless severe eczema  
Provide parent with following leaflet:

- [Egg allergy information leaflet](#)
- [Weaning your food allergic baby leaflet](#)

### Refer and prescribe adrenaline

**If ongoing /current symptoms, give IM adrenaline and Call 999**  
**If child asymptomatic:**  
Advise to avoid all egg  
Refer to secondary care service  
**Prescribe adrenaline autoinjectors (ADD LINK)** and antihistamine  
Provide [BSACI allergy action plan](#) and discuss this with parents.  
Encourage early introduction of peanut unless severe eczema  
Provide parent with following leaflets:

- [Egg allergy information leaflet](#)
- [Weaning your food allergic baby leaflet](#)

## Box 1 – IgE Egg Allergy

Egg allergy in children is common – prevalence of approximately 2%

Anaphylaxis is rare

Most children outgrow their egg allergy – 2/3 by 16 years of age

First reactions are often to scrambled or boiled egg at weaning

### Typical symptoms

- Urticaria, angioedema, erythema within minutes
- GI symptoms – vomiting, abdominal pain, diarrhoea within 2 hours

More severe reactions are much less common but symptoms include:

- **Airway** - hoarse voice/cry, persistent cough, stridor, excessive drooling, swollen tongue
- **Breathing** – wheeze, cyanosis, breathlessness/increased work of breathing
- **Circulation** - pale, floppy, dizzy, unusually and profoundly sleepy, loss of consciousness

**If infant/child reacted to well cooked e.g. scrambled or boiled, but could already tolerate baked egg e.g. cake – encourage ongoing feeding with baked egg 3x per week**

Dietician referral generally not required unless excluding dairy or multiple other food

## Vaccines

### MMR

It is safe for egg allergic children to have the MMR vaccination as per the green book

### Influenza

Intranasal LAIV is safe in egg allergic children unless they have had anaphylaxis to egg requiring ITU admission. These children require referral to secondary care for vaccination due to lack of safety data.

Most current IM vaccinations contain very low levels of ovalbumin (<0.12mcg/ml) and can be administered safely in primary care. Public Health England publish the ovalbumin content of influenza vaccines for the forthcoming influenza season annually.

### Yellow Fever

This vaccination contains egg and is contraindicated. For patients where vaccination is absolutely necessary, a referral should be made to a tertiary allergy centre.

## Box 2 – Non-IgE Egg Allergy

Typically presents 4- 36 hours after egg ingestion with flare of eczema or GI symptoms

If suspected trial egg exclusion for 2-4 weeks and then reintroduce looking for resolution and recurrence of symptoms

If diagnosed - gradually reintroduce egg after 6 months starting with baked and moving to well cooked if tolerated. If egg is not tolerated, continue to avoid and try again in another 6 months

Dietician referral generally not required unless excluding dairy or multiple other foods