

Questions you may ask your doctor

Could the symptoms be caused by a food allergy?

Is it possible to confirm a food allergy?

Please give me more details of the tests

Is it painful or upsetting for a child?

How long before the results come back?

On elimination diets how do I make sure the child eats healthily?

Are traces of the food/s acceptable on elimination diets?

What does having a food allergy mean for a child?

Will an allergy last forever?

What local support is available?

It may also help if you have a clear idea of symptoms and when they occur. To help you do this it is a good idea to keep a diary over a week or two where you take a note of foods eaten and symptoms experienced. Please see the section called 'Questions your doctor may ask you'.