

### Wheat re-challenge at home

If there is no anticipated risk of a severe reaction e.g. anaphylaxis/ breathing difficulties, or your child's IgE test was negative, or your child has delayed non-IgE mediated allergy (gut symptoms), you can challenge at home. It is best to plan the challenge when your child is well and stable. There may be varying levels of tolerance and gradual introduction will help you find your tolerance. The rate of progress through the stages will vary depending on the suspected level of sensitivity of your child.

#### Step 1 (Week 1)

If avoiding gluten and not just wheat, challenge with Rice Krispies or Cornflakes containing barley malt extract first. Offer a few spoons day one and gradually increase over 1 week.

#### Step 2 (Week 2-8)

Start adding increasing amounts of **Weetabix** to porridge or from a spoon.

- Week 2 - Start with 1/8<sup>th</sup> tsp on a daily basis (approx. 0.02g wheat protein) for 1 week.
- Week 3-5 - Double the dose every week (1/4, then ½, then 1 tsp Weetabix every day for 1 week)
- Week 6 - Offer 1/8<sup>th</sup> Weetabix every day
- Week 7 – Offer ¼ Weetabix
- Week 8 – Offer ½ Weetabix (approx. 1.1g wheat protein)

Alternatively, choose a recipe for **bread** that is wheat free and free from other allergens as required and gradually **add wheat flour** into the recipe as follows:

- Week 2- Start by adding 1 tsp (5g) wheat flour to the full loaf recipe

Ensure cut loaf makes approx. 8-10 slices

Offer ½ slice (should provide approx. 0.02g wheat protein) every day for 1 week

- Week 3 – Using same recipe, offer 1 slice every day for 1 week
- Week 4 - Increase the amount of wheat flour to 2 tsp (10g) to the full loaf recipe

Ensure cut loaf makes approx. 8-10 slices. Offer 1 slice every day for 1 week

- Week 5 - Increase the amount of wheat flour to 2 dsp (20g) to the full loaf recipe

Ensure cut loaf makes approx. 8-10 slices. Offer 1 slice every day for 1 week

- Week 6 - Increase the amount of wheat flour to 4 dsp (40g) to the full loaf recipe

Ensure cut loaf makes approx. 8-10 slices. Offer 1 slice every day for 1 week

- Week 7 - Increase the amount of wheat flour to 5 tbsp (75g) to the full loaf recipe

Ensure cut loaf makes approx. 8-10 slices. Offer 1 slice every day for 1 week

- Week 8 - Increase the amount of wheat flour to 10 tbsp (150g) to the full loaf recipe

Ensure cut loaf makes approx. 8-10 slices. Offer 1 slice every day for 1 week (should provide approx. 1.26g wheat protein)

#### Step 3

Introduce pasta (avoid egg pasta to start with) whilst continuing with Weetabix or bread. Start with a handful of pasta spirals added to wheat free pasta (approx. 6-8 shapes). Provides approx. 1 g wheat protein). Gradually increase the amount of wheat pasta in the meal.

#### Step 4

Gradually broaden the diet to include a full range of wheat-based products.