

Home whole egg introduction (for children who are outgrowing their egg allergy)

Nutrition and Dietetics

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Information for Patients

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Only follow this plan after speaking with your dietitian or doctor. This plan is only for your child if:

- they have been eating good amounts of a 2-egg cake recipe (or equivalent) and other foods from the 'Next' and 'Later' list from the 'Home Baked Egg Introduction' advice sheet.
- their egg allergy test is negative or much lower than before.

How to introduce whole-egg:

1. Give your child a small button-sized piece of well-cooked omelette or scrambled egg. Wait 24 hours (1 day).
2. If there are no symptoms, double the amount given in stage 1. Symptoms can include rashes, vomiting, diarrhoea, abdominal pain or eczema. Keep giving double the amount each time (at least 24 hours apart) until your child can eat 1 medium well-cooked egg. If your child has any symptoms, give less or stop altogether.
3. When your child can eat 1 egg, try giving small amounts of other well-cooked egg foods like hard boiled eggs, Scotch eggs, quiche and egg fried rice. See table on page 2 for ideas.
4. When your child can eat freely a well-cooked egg, try giving small amounts of less-cooked egg. See table on page 2.

Treatment of allergic reactions

Your dietitian or doctor has suggested that your child can move onto whole egg. They feel confident that it is safe to do so. You must only give small amounts at first and follow the advice above. Your child still has a small risk of reacting. We suggest the advice below to make sure your child is safe:

1. Only give your test 'dose' of egg at home where your child can be supervised for at least 1 hour after eating. For example give after school, not before.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

2. Keep antihistamine medicine at home and give dose straight away if symptoms happen.
3. For tummy (abdominal) pain, give paracetamol.
4. If your child has any respiratory reaction, like coughing, wheezing, or any other symptoms of concern, please get medical help right away.

Food list for reintroduction of whole and less- cooked egg

Whole egg foods (Egg yolk and white fully cooked)	Raw egg products
<ul style="list-style-type: none"> • Omelette • Scrambled or hard-boiled egg • Scotch egg • Meringues- hard • Quiche or flan • Egg fried rice, egg fu yung • Japanese soups • Egg custard, egg custard tart, patisserie cream filly, bread and butter pudding • Crème brulee, panacotta • Tempure batter • Lemon curd 	<ul style="list-style-type: none"> • Soft meringue, lemon meringue tart • Mayonnaise • Fresh mousse • Rich/ luxury ice creams like Italian, Ben & Jerry's • Sorbets • Cake icing like fondant, Royal, some rich butter cream • Sauces like Hollandaise, Tartar • Soft boiled/ fried / poached egg with soft centre • Cheese containing egg white lysozyme like Frico edam, gouda, grana padana • Confectionary with fondant centre • Raw cake mixture
Start in small doses at least 24 hours apart.	Only try these foods when 1 hard- boiled egg (or equivalent) daily is fully tolerated. Only try in trace amounts at first.

Contact details:

If you are under the Leicester Royal Infirmary Allergy team, please contact **0116 258 5400**.

If you are under the GP/Community Dietitians, please contact your GP or Leicestershire Nutrition and Dietetic Service at **0116 222 7141**.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany nizej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net