

Contact details

Debra Forster, Children's Respiratory & Allergy Nurse
Children's Clinic South
B Floor, Nottingham Children's Hospital
Queen's Medical Centre
Nottingham NG7 2UH

Tel: 0115 9249924 ext 62501

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Freephone: 0800 183 0204

From a mobile or abroad: 0115 924 9924 ext 65412 or 62301

E-mail: pals@nuh.nhs.uk

Letter: NUH NHS Trust, c/o PALS, Freepost NEA 14614,
Nottingham NG7 1BR

www.nuh.nhs.uk

Pollen food syndrome / Oral allergy syndrome

Information for parents

This information can be provided in different languages and formats. For more information please contact the:

Children's Clinic
Tel: 0115 9249924 ext. 62661/64008

The Trust endeavours to ensure that the information given here is accurate and impartial.

This leaflet has been adapted from the leaflet produced for the adult immunology department. Original leaflet produced by Lisa Slater.

Pollen food syndrome

Pollen food syndrome, formerly known as oral allergy syndrome, is an allergic condition in which people have symptoms of itching and sometimes swelling of the mouth after eating raw fruit, vegetables and some nuts.

Symptoms

There is a sensation of intense itchiness or tingling in the mouth, throat, lips and soft palate. Some people also experience some local swelling in the mouth.

Severe symptoms are rare but a small number of people may also experience some urticaria (nettle rash) or wheeze.

Common foods that may cause pollen food syndrome are:

You can continue to eat and enjoy any foods on the list which do not cause any symptoms.

- Apple
- Peach
- Pear
- Nectarine
- Strawberries
- Melon
- Camomile tea
- Carrot
- Potato
- Potato peel
- Spinach
- Brazil nut
- Walnuts
- Peanuts
- Hazelnut
- Cashew nut
- Almond
- Cucumber
- Cherries
- Plum
- Honey
- Almonds
- Apricots
- Tomato
- Watermelon
- Kiwi
- Fennel
- Lettuce
- Celery

Management

Most people who suffer from Pollen Food Syndrome also suffer from hayfever symptoms (itchy eyes/nose, runny eyes/nose,

sneezing) between February and July, for a number of years before developing this condition. The oral allergy symptoms are caused by a reaction to proteins in these foods, which are similar to those in the pollen.

- All raw foods that cause symptoms should be avoided.
- The proteins in the fruits and vegetables are usually destroyed when cooked, which is why people with oral allergy syndrome can safely eat cooked fruits and most canned fruits or vegetables without any symptoms.
- If your trigger foods include nuts you should also avoid these in their roasted or cooked state.
- Heating food in a microwave for one minute at 800 watts may reduce/stop symptoms.
- However, lightly cooked foods e.g. stir fried vegetables or steamed or poached fruits or vegetables and dried fruits may cause a reaction in some people, in which case they should also be avoided.

Treatment

You should carry an antihistamine with you in order to treat any reaction caused by accidental exposure to your trigger foods.

The itching, tingling and swelling in and around the mouth should resolve in about 30 minutes or so. Most people with pollen food syndrome do not have severe reactions (difficulty breathing/collapse). However, if you have been prescribed an EpiPen/Jext for severe reactions, administer it as you have been shown and call an ambulance.

Further information

www.anaphylaxis.org.uk

www.allergyuk.org