

## Additional support

### Contact details

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

**Tel:** 0115 9249924 ext 62501

**The Anaphylaxis Campaign** is a national charity that can provide support and information.

The Anaphylaxis Campaign  
P.O. Box 275  
Farnborough, Hampshire GU14 6SX  
Helpline: 01252 542029  
[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

[www.allergyuk.org](http://www.allergyuk.org)

Visit these websites to access a free demonstration of EpiPen or Jext

**EpiPen:** [www.epipen.co.uk](http://www.epipen.co.uk)

**Jext:** [www.jext.co.uk](http://www.jext.co.uk)

## 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](mailto:pals@nuh.nhs.uk)

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

[www.nuh.nhs.uk](http://www.nuh.nhs.uk)

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# Allergy to sesame

## 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

## Allergy to Sesame

Sesame seed allergy is often associated with other food allergies such as peanut allergy. It is less commonly associated with other seed allergies, such as mustard, poppy and sunflower. If you currently eat other seeds and nuts without any problems you should continue to do so.

Sesame is also known as Benne, Gingelly, Til, Teel, Simsin or Ajonjoli.

Some people can eat sesame on bread, but not in products such as humous or tahini. When sesame is crushed or squashed the released protein causing the allergy is more potent and is more likely to cause a reaction.

## Symptoms

- Mild symptoms may include:
- Tummy pain and vomiting
- Itching
- Redness
- Urticaria (nettle rash or hives), often around the mouth
- Swelling e.g. on lips
- Cough

Symptoms in severe cases may include:

- Wheeze
- Anaphylaxis (throat swelling / choking, breathing difficulty and collapse)
- Some people may get a rash on skin contact with sesame

People at risk of severe reactions should carry preloaded adrenaline (Epipen/Jext) at all times in order to treat one of these severe reactions. If you have been told you need an Epipen/Jext in clinic today you should have been shown how to use it. If you have not been shown how to use it, please contact Debra Forster (details on opposite page). If you use an Epipen/Jext you must always call an ambulance. You should also carry an antihistamine to treat mild reactions.

## Dietary management

People who have a sesame allergy should try and avoid it completely. Common dishes containing sesame include –

- Tahini
- Gomashio (a seasoning used in Japanese foods)
- Humous
- Halva
- Sometimes sesame is found in the drink Aqua Libra

Other foods that should be checked carefully before being eaten include –

- Bread – can become contaminated at manufacture. The seeds may not be obvious but may be in the dough or on the bottom of the loaf
- Vegetarian burgers
- Breadsticks
- Burger baps
- Cocktail biscuits
- Middle Eastern foods
- Chinese, Thai and Japanese foods
- Stir fry vegetables (sometimes in gourmet stir fry oils)
- Salad dishes
- Health food snacks and cereal bars

This list is not exhaustive and food labels must be checked as manufacturers may change ingredients without warning. Some people react to sesame oil, which can contain the sesame proteins that trigger an allergic reaction. It is therefore sensible to avoid this.

## Food labelling

Under new European Legislation even small amounts of sesame must be declared on food packaging. Food companies now have to label all major allergens.