



## Children's vaccinations and suspected milk or egg sensitivity

If a child is suspected of having a sensitivity to egg or to milk, then it is suggested there should be a desensitisation programme prior to any immunisation which could contain traces of these products.

programme of desensitisation well in advance of administration of the trace-containing vaccines.

To start a desensitising programme, book a brief consultation with a

Our allergy/sensitivity desensitisation programme is a safe and effective treatment for food, chemical or inhalant sensitivities of all kinds.



Many vaccines are prepared in growth media which contain either egg or casein, which is the protein component of milk. Mumps vaccines for both single and MMR triple vaccinations are cultured on chick embryo cell cultures.

If the sensitivity is moderate or severe (see *Reaction chart for egg sensitivity* and *Reaction chart for milk sensitivity* on page 3), then it is advised that the child undergo a

Breakspear doctor and he/she will explain how the desensitising programme works and how to get started.

In brief, the programme entails putting small doses of substances under the tongue or, if required and following the application of a local anaesthetic cream on the arm, a tiny injection into the skin of the arm. A lower dose of neutralising vaccine is obtained by a

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## Children's vaccinations and suspected milk or egg sensitivity

*(Continued from page 1)*

series of increasingly weaker doses of the substance until one is selected which suits the individual.

Following this, which could take an hour for each of the two substances, the patient can be given tailor-made neutralising drops



Breakspear Hospital has been using this technique for over 25 years and has received worldwide recognition for advancements in allergy and environmental medicine.

to take under the tongue, which should be administered regularly for a period of up to 3 months.

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for advancements in allergy and environmental medicine. Our allergy/sensitivity desensitisation programme is

a safe and effective treatment for food, chemical or inhalant sensitivities of all kinds.

## Vaccinations may contain traces of ...



Many vaccines are prepared in growth media which may cause an allergic/sensitivity reaction in some individuals.

We have all the preparation and supply chain information available on all the vaccinations that we offer.

Below is a chart illustrating some common vaccinations that may contain traces of milk or egg.

Vaccination	May contain traces of:
Measles	Casein (milk)
Mumps	Egg
Influenza	Egg
Diphtheria and tetanus	Casein (milk)

## Do you need to be concerned about your child's vaccines and milk or egg sensitivity?

Using the reaction scales below, you can determine if you need to address your child's sensitivity before receiving milk or egg-containing vaccinations.

### Reaction chart for milk sensitivity

Please tick the box next to the description(s) that apply to your child.

- Reacts when eating foods containing butter, cream or milk (ie cakes or biscuits)
- Reacts after drinking condensed or evaporated milk
- Reacts after consuming uncooked milk

If you have ticked two or more boxes, then it is advised that the child undergo a programme of desensitisation in advance of administration of the trace-containing vaccines.

### Reaction chart for egg sensitivity

Please tick the box next to the description(s) that apply to your child.

- Reacts eating biscuits/cakes containing egg (ie cooked food)
- Reacts eating a hard boiled egg
- Reacts eating an omelette
- Reacts eating scrambled/soft boiled egg
- Reacts after when raw egg white is dabbed on hand or lip (external contact)

If you have ticked two or more boxes, then it is advised that the child undergo a programme of desensitisation in advance of administration of the trace-containing vaccines.



## Milk desensitisation programme

### Sequence of actions to be taken for milk sensitivity:

After completing allergy/sensitivity testing at Breakspear, administer the tailor-made neutralising vaccines at home for **2 weeks** 0.05ml three times a day— 20 minutes before meals, under the tongue.

### After 2 weeks—continuing the vaccine administration

- Introduce milk—starting with a small amount of a few drops perhaps of evaporated milk which has been heated to a high temperature and therefore is partially denatured.
- Try a teaspoon of milk on the hand or on the lips; if there is no reaction, give a teaspoonful of milk to drink.

### If there are no reactions

Please return to Breakspear Hospital for the injection of the appropriate antiviral vaccination for measles or mumps. The allergy vaccine can be continued for up to 3 months in order to continue desensitising the child to milk.

### If a reaction occurs, which in our experience is rare:

- Administer vaccines half hourly
- Administer vitamin C: 1/4 teaspoonful in 1/2 glass of water
- Administer alkali salts: 1/4 teaspoonful in water may be mixed with vitamin C
- Telephone Breakspear Hospital to discuss the condition with a doctor
- Nalcrom or antihistamines can be prescribed if required.

### Cost for milk desensitisation programme\*

#### Consultations

1 x Consultation (up to 15 minutes)	@ £35.00	£35.00
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#### Allergy testing & vaccines ( 3 months' supply by drops )

1 x Half day of allergy testing	@ £105.00	£105.00
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3 x Individual titration	@ £5.00	£15.00
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6 x Neutralisation vaccine	@ £3.50	£ 21.00
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3 x Syringe—1ml TB (Box of 100)	@ £23.50	£ 70.50
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1 x Safe clip device (for needle disposal)	@ £1.90	£ 1.90
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<b>Total programme:</b>		<b>£248.40</b>
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### Dual milk & egg desensitisation programme

If you wish to embark on a dual milk and egg desensitisation programme, there will be an additional charge for the 3 extra neutralising vaccinations. You will be receiving a total of 9 neutralising vaccines (instead of only 6 in the separate programmes) for an additional cost of £10.50, which brings the total cost to £258.90.\*

## Egg desensitisation programme



### Sequence of actions to be taken for egg sensitivity:

After completing allergy/sensitivity testing at Breakspear, administer the tailor-made neutralising vaccines at home for **2 weeks** 0.05ml three times a day—20 minutes before meals, under the tongue.

### After 2 weeks—continuing the vaccine administration

- Try the following foods:
- Cakes/biscuits containing egg
  - Hard boiled egg
  - Omelette
  - Scrambled egg
  - Soft boiled egg
  - Small amount of raw egg put on hand

### If there are no reactions

Please return to Breakspear Hospital for the injection of the appropriate antiviral vaccination for measles or mumps. The allergy vaccine can be continued for up to 3 months in order to continue desensitising the child to egg.

### If a reaction occurs, which in our experience is rare:

- Administer vaccines half hourly
- Administer vitamin C: 1/4 teaspoonful in 1/2 glass of water
- Administer alkali salts: 1/4 teaspoonful in water may be mixed with vitamin C
- Telephone Breakspear Hospital to discuss the condition with a doctor
- Nalcrom or antihistamines can be prescribed if required.

### Cost for egg desensitisation programme\*

#### Consultations

1 x Consultation (up to 15 minutes)	@ £35.00	£35.00
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#### Allergy testing & vaccines ( 3 months' supply by drops )

1 x Half day of allergy testing	@ £105.00	£105.00
3 x Individual titration	@ £5.00	£15.00
6 x Neutralisation vaccine	@ £3.50	£ 21.00
3 x Syringe—1ml TB (Box of 100)	@ £23.50	£ 70.50
1 x Safe clip device (for needle disposal)	@ £1.90	£ 1.90

<b>Total programme:</b>		<b>£248.40</b>
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\* Breakspear Medical Group reserves the right to alter prices without notice.

## Steps to starting your child's desensitisation programme

in preparation for receiving casein or egg-containing vaccines

1. Call 01442 261 333 and select option 3 to arrange an initial consultation and desensitisation testing session, which may both be arranged for the same day. We are open 9:00am—5:00 pm Monday to Saturday.
2. After booking your appointment, you will be sent the following required documents:
  - Patient Record Card
  - Medical Questionnaire
  - Symptom Scoring Chart
  - Fee Consent Form
3. During the initial consultation, your doctor will review the patient's medical history, general health, discuss the recommended programme with you and will explain what you need to do next. A suitable testing schedule and desensitisation programme will most probably be recommended. (Prices for separate desensitisation to milk or egg are given on pages 4 and 5 of this leaflet. Also given is the price for the dual milk and egg programme.)
4. If you have booked an allergy testing session to follow the short consultation, after consulting with your doctor, you will then be guided to the desensitisation testing ward. (There is a dedicated children's room for our younger patients.)
5. The consultation, testing and any treatment must be paid for before you leave the Hospital on the day of your visit, unless prior arrangements have been made with Breakspear. We accept cash, debit card, cheque or credit card. Our liaison and credit control staff will always be happy to explain or discuss financial arrangements with you.
6. If you did not book a desensitisation testing session to immediately follow your consultation, you may book your desensitisation testing appointments at Reception before you leave. Alternatively, you may call 01442 261 333, select option 3 and arrange a suitable appointment.



## Breakspear offers only mercury-free vaccinations

At Breakspear Hospital, we will listen to and try to understand our patients' concerns, fears, and beliefs about vaccination and answer any questions before offering our mercury-free vaccines.

For the protection of ourselves and everyone in our community, we should all be immunised against preventable diseases.

Not being immunised can cause serious complications, which include ear infections, deafness, rashes, infertility and acute encephalitis; in some rare cases infections can be fatal.

Fortunately today in the UK and most developed countries many childhood diseases are largely a thing of the past and immunisation has been a key factor in achieving this.

We offer only mercury-free vaccines because mercury is one of the substances most toxic to mankind and we believe that it is best to avoid toxic exposure whenever possible.

If you would like to ensure that all your immunisations are mercury-free, make an appointment with our Immunisation Department 01442 867 280.

We administer many different mercury-free vaccines and boosters to infants, children and adults including those to protect against:

- Tetanus, diphtheria & polio
- Pneumococcal meningitis
- Chicken pox
- Pneumonia
- Meningitis
- Measles
- Mumps
- Rubella
- Typhoid
- Influenza
- Hepatitis A
- Hepatitis B
- Tuberculosis (BCG)

We also offer vaccinations and information to meet the needs of all travellers.

For more information, visit

[www.breakspearmedical.com](http://www.breakspearmedical.com)



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