

## **Eggs**

*Eggs have two allergenic parts, the yolk and the white. Eggs are produced by chickens, ducks, geese and quails.*

### **Other names for eggs:**

- Albumin/Albumen, Conalbumin, Egg substitutes such as Egg Beaters™, Eggnog, Glovulin, Livetin, Lysozyme, Meringue, Ovalbumin, Ovoglobulin, Ovolactohydrolyze proteins, Ovomacroglobulin, Ovomucin, ovomucoid, Ovotransferrin, Ovovitellin, Silico-albuminate, Simplesse®, Vitellin

### **Possible sources of eggs:**

- Alcoholic cocktails/drinks, Baby food, Baked goods and baking mixes, Battered/fried foods
- Candy, chocolate, Cream-filled pies, Creamy dressings, salad dressings, spreads, Desserts
- Egg/fat substitutes, Fish mixtures, Foam milk topping on coffee, malt drink mixes
- Icing, glazes such as egg washes, Lecithin, hamburgers, hot dogs, meatballs and meatloaf
- Pasta, Quiche, soufflé, Béarnaise, Hollandaise, and Newburg sauces, Soups, broths and bouillons

### **Non-food sources of eggs:**

- Anaesthetic such as Diprivan®
- Certain vaccines
- Craft materials
- Hair care products
- Medications

## **Symptoms**

Egg allergy reactions vary from person to person and usually occur soon after exposure to egg.

Egg allergy symptoms can include:

- Skin inflammation or hives — the most common egg allergy reaction
- Allergic nasal inflammation (allergic rhinitis)
- Digestive (gastrointestinal) symptoms, such as cramps, nausea and vomiting
- Asthma signs and symptoms such as coughing, chest tightness or shortness of breath

## **Anaphylaxis**

A severe allergic reaction can lead to anaphylaxis, a life-threatening emergency that requires an immediate epinephrine (adrenaline) shot and a trip to the emergency room. Anaphylaxis signs and symptoms include:

- Constriction of airways, including a swollen throat or a lump in your throat that makes it difficult to breathe
- Abdominal pain and cramping
- Rapid pulse
- Shock, with a severe drop in blood pressure felt as dizziness, light-headedness or loss of consciousness

If you or your child has a reaction to eggs, discuss this with a doctor no matter how mild it may have been. The severity of egg allergy reactions can vary each time one occurs. This means that even if you or your child had a mild reaction in the past, the next reaction could be more serious.



If your doctor thinks you or your child may be at risk of a severe reaction, the doctor may prescribe an emergency epinephrine shot to be used if anaphylaxis occurs. The shot comes in a device that makes it easy to deliver, called an auto-injector.

**When to see a doctor**

See a doctor if you or your child has signs or symptoms of a food allergy shortly after eating eggs or a product that contains eggs. If possible, see the doctor when the allergic reaction is occurring. This may help in making a diagnosis.

If you or your child has signs and symptoms of anaphylaxis, seek immediate emergency treatment and use an auto-injector if one has been prescribed.



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