Patient information



**Food and drink for children/teenagers who are immunocompromised**

These guidelines should be followed throughout treatment, whether at home or in hospital, to minimise the risk of food-related infection.

**Basic food hygiene**

• Wash hands thoroughly with hot soapy water before preparing or eating food.

• Keep pets away from food, dishes and work surfaces.

• Keep your kitchen clean. Wipe kitchen work surfaces with hot soapy water before preparing food.

Remember to keep your cooker, microwave and fridge clean, inside and out.

**Storing food and drink**

• Check that your fridge and freezer is at the correct temperature. The fridge should be between 0°c and 5°c, and the freezer below -18°c. Never overload your fridge or freezer.

• Take chilled and frozen food straight home and put away quickly. Frozen food that has defrosted must not be refrozen.

• Prepare and store raw and cooked foods separately, keep raw meat and fish at the bottom of your refrigerator away from cooked food.

**Preparing food and drink**

• Always wash your hands, work surfaces and utensils, between handling raw and cooked food.

• Check the best before and use by dates on all products. Use food and drink within the recommended date.

• Wash fruits and vegetables before eating

• Defrost meat and poultry in the fridge and not at room temperature, as bacteria grows quickly at room temperature

• All food must be thoroughly cooked. Follow package cooking instructions carefully.

• Keep hot food hot and cold food cold – don’t leave it standing around.

**Reheating your food**

• Cover food and allow it to cool to room temperature before putting it in the fridge or freezer. Don’t put hot food in the fridge as this will increase the temperature of the food in the fridge, making all of the food less safe to eat.

• Reheated food should be eaten within 24hrs of preparing or defrosting it.

• Don’t reheat food more than once

• Eat rice as soon as its cooked -Don’t reheat rice as harmful bacteria can survive the heating process

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**Eating out**

• When eating out check the food hygiene rating of the restaurant or takeaway using the Food Standards Agency website ratings.food.gov.uk – The score of 5 is the best.

• Make sure the food is piping hot when it arrives and that it is cooked all the way through

• Choose freshly prepared food from good quality restaurants. Avoid salad bars, street vendors, market stalls, buffets and all-you-can-eat restaurants. Avoid foods that have been left out on display.

• Do not re-heat any left overs- throw them away

**Foods your child should not eat**

• Probiotic foods, drinks or supplements eg, Yakult, Actimel, Bio-Kult, BioGaia. Yogurt that is described on the label as probiotic or “Bio”.

• Unpasteurised milk and cream

• Raw eggs or foods that contain raw eggs such as homemade mayonnaise and ice-cream (Choose eggs with the Lion Mark)

• Mould ripened soft cheeses with a white coating such as brie, camembert, goats cheese. Blue veined cheeses such as Danish blue, gorganzola and Roquefort.

• Raw shellfish such as oysters or raw sushi (well cooked shellfish is safe to eat)

• Uncooked smoked fish, such as smoked salmon or sushi (smoked fish can be eaten if thoroughly cooked.

• Raw and undercooked meat

• Paté and smoked meats such as salami and chorizio (unless cooked)

• Unpasteurised, raw or “farm-fresh” honey and honeycomb

• Soft serve Ice-cream (Mr Whippy)



**Drinking water**

* While your child is on Piam Brown Ward drinking water will be supplied from designated drinking water taps, which have been adapted with a specially fitted filter.
* Do not drink water from taps in your room.
* These filters are not needed when you are at home.
* At home freshly run water from a mains supplied tap is acceptable.
* Do not use use water from wells, non drinking water or sources that haven’t been through water treatment works.
* Still bottled water, including mineral or spring water should be avoided.
* Bottled carbonated water or soda water is acceptable.

If your child needs treatment at another centre eg, a bone marrow transplant (BMT) the above advice may differ and it is recommended that you follow the advice from your transplant centre.

Please speak to your doctor, nurse or community nurse if you have any questions.

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