

# Home Introduction of an FPIES Trigger Food



## INTRODUCE A NEW FOOD....



...ONLY when your child is well



...ONE at a time



...when you can OBSERVE your child for 4 hours after they eat the new food.

Ensure food does not touch the skin around the mouth by



- feeding directly into the mouth
- using a barrier cream (eg, Vaseline®) around the mouth

## HOW TO INTRODUCE A NEW FOOD

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Solid food</b> (eg, well cooked scrambled egg, rice, nut, wheat)	1/8 teaspoon	1/4 teaspoon	1/2 teaspoon	1 teaspoon	2 teaspoons
<b>Liquid food</b> (eg, cow's milk)	1 mL	2.5 mL	5 mL	10 mL	20 mL

# STOP

giving the new food if you think your child is **having a reaction**

# CONTINUE

to **double the dose** of the new food, until what is considered a **normal serve**

<b>New food</b>	<input type="checkbox"/> Well-cooked scrambled egg	<input type="checkbox"/> Cow's milk <input type="checkbox"/> Soy milk	<input type="checkbox"/> Peanut butter <input type="checkbox"/> Other nuts	<input type="checkbox"/> Wheat <input type="checkbox"/> Rice <input type="checkbox"/> Oat	<input type="checkbox"/> Avocado <input type="checkbox"/> Sweet Potato	<input type="checkbox"/> Other foods [Insert text here]
<b>Normal Serve</b>	1 whole egg	250mL	2 teaspoons	2 Weetbix <b>OR</b> 1 slice of bread <b>OR</b> 1/2 a cup pasta, oats, rice or veg		

(\*For infants < 12 months of age, an acceptable serve is half the recommended amount)

## IMPORTANT TIPS

- To introduce nuts in children <5 years old, only give nuts as **pastes** or **finely crushed** and mixed into food to prevent choking
- Once an allergenic food has been successfully introduced, keep **including this food in the child's diet regularly** to maintain tolerance



## IF AN ALLERGIC REACTION OCCURS

- stop giving the food
- follow your ASCIA action plan for FPIES
- document what occurred
- contact your allergy clinic



The Royal Children's Hospital Melbourne

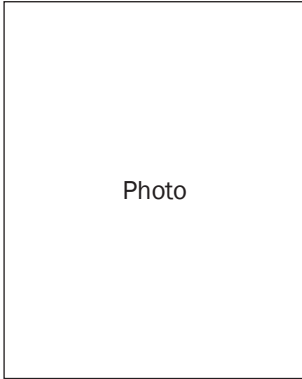
# ACTION PLAN FOR FPIES

(Food Protein Induced Enterocolitis Syndrome)



Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_



Confirmed triggers:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Family/emergency contact name(s):

1. \_\_\_\_\_

Mobile Ph: \_\_\_\_\_

2. \_\_\_\_\_

Mobile Ph: \_\_\_\_\_

Plan prepared by doctor or  
nurse practitioner.

Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

FPIES is a delayed gut allergic reaction, which presents with repeated and profuse vomiting that may not start for a few hours after a trigger food(s) is eaten. Some people with FPIES may develop diarrhoea, lethargy, become pale, floppy and/or feel cold.

**Adrenaline (epinephrine) injectors and antihistamines do not play a role in the management of FPIES.**

## MILD TO MODERATE SYMPTOMS

- Vomiting
- Diarrhoea

## ACTION FOR MILD TO MODERATE SYMPTOMS

- Phone family/emergency contact
- Observe for progression

## SEVERE SYMPTOMS

Any one of the following in addition to vomiting:

- Pale and floppy
- Cold to touch

## ACTION FOR SEVERE SYMPTOMS

- 1 Phone ambulance: 000 (AU) or 111 (NZ)**
- 2 Phone family/emergency contact**

**Some people with FPIES may also have a food allergy and be at risk of anaphylaxis to other foods. They will have a separate ASCIA Action Plan for Anaphylaxis for this food allergy.**

Additional instructions: \_\_\_\_\_  
\_\_\_\_\_