

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



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**

New food	☐ Well-cooked scrambled egg	☐ Cow's milk ☐ Soy milk	☐ Peanut butter ☐ Other nuts	☐ Wheat ☐ Rice ☐ Oat	☐ Avocado ☐ Sweet Potato	☐ Other foods [Insert text here]
Normal Serve	1 whole egg	250mL	2 teaspoons	2 Weetbix OR 1 slice of bread OR 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

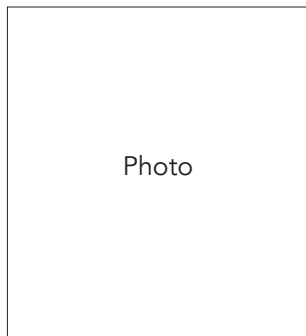


IF AN ALLERGIC REACTION OCCURS

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



The Royal Children's Hospital Melbourne



Name: _____

Date of birth: DD / MM / YYYY

Confirmed triggers: _____

Family/emergency contact(s):

1. _____ Mobile: _____

2. _____ Mobile: _____

Plan prepared by: _____

(doctor or nurse practitioner)

Signed: _____ Date: DD / MM / YYYY

Medication prescribed: _____

Dose: _____

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) devices and antihistamines do not
play a role in the management of FPIES.**

MILD TO MODERATE SYMPTOMS

SIGNS:

- Vomiting
- Diarrhoea

ACTIONS:

- Phone family/emergency contact
- Give medication (if prescribed) – see above
- Observe for progression

SEVERE SYMPTOMS

ANY ONE of the following in addition to vomiting:

- Pale and floppy
- Cold to touch

ACTIONS 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: _____