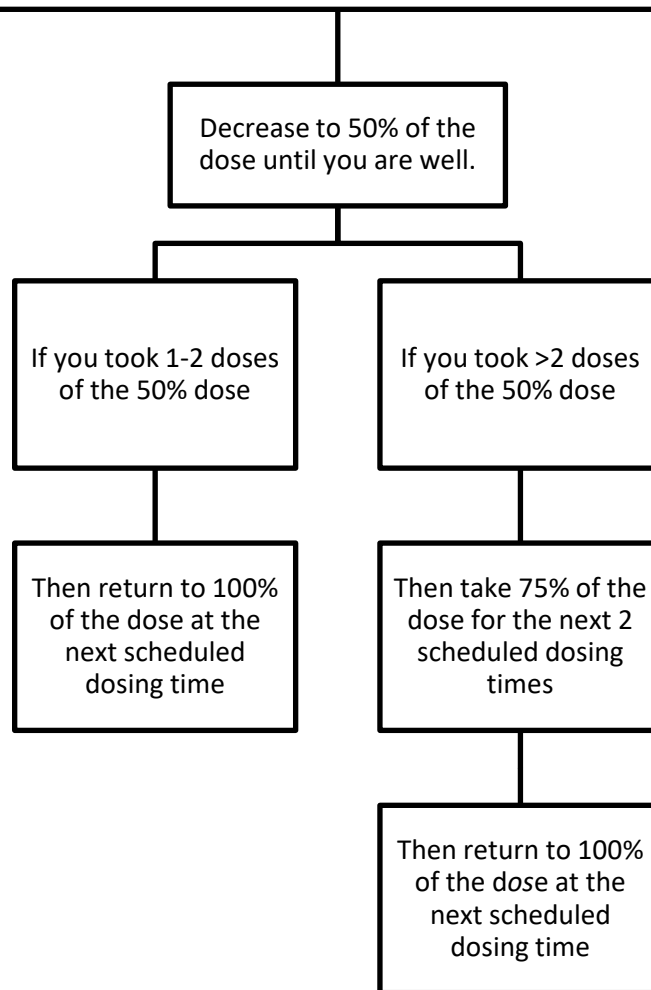
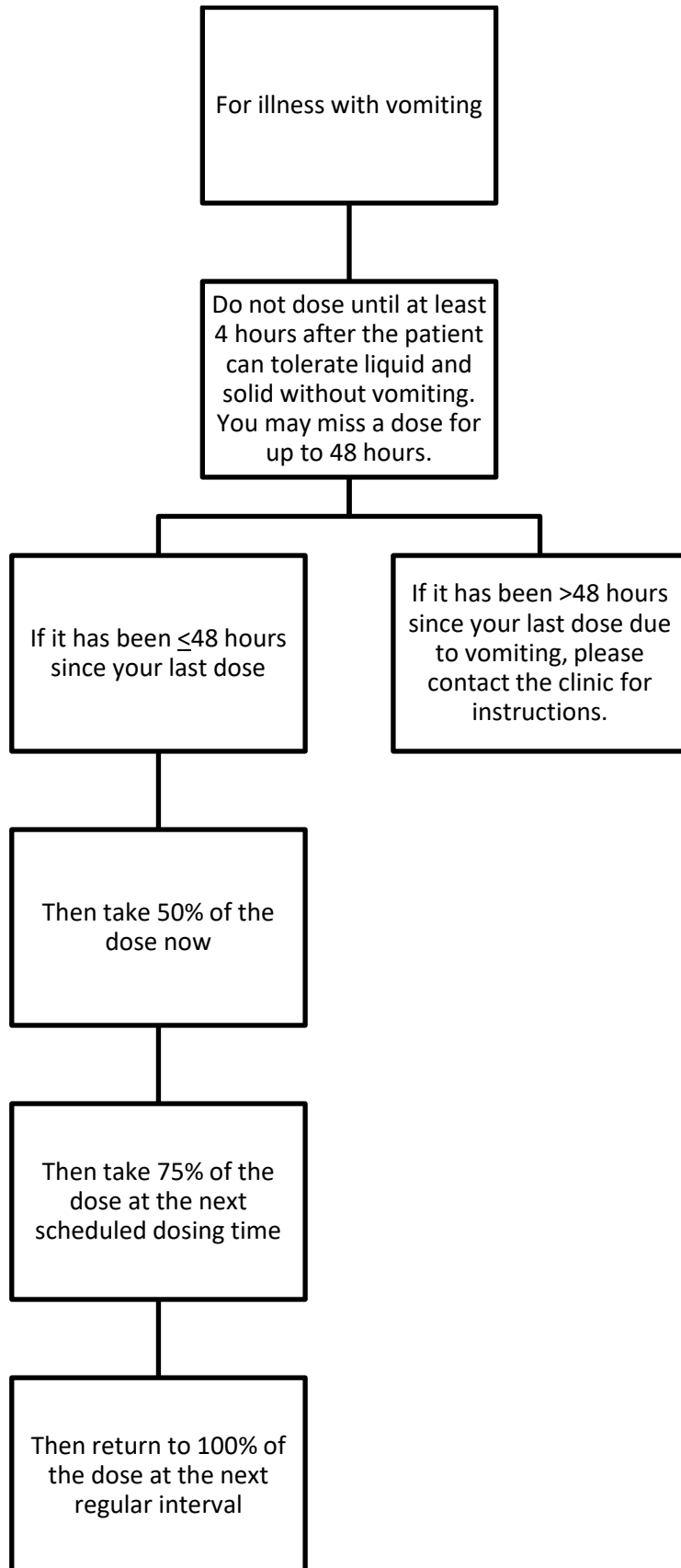


Food OIT Instructions for Illness

For any of the following:

- Symptoms of a respiratory infection (cough, nasal congestion, runny nose, sore throat, sneezing, etc)
- Fever $>100.4^{\circ}\text{F}$ due to any cause (ear infection, strep throat, unknown, etc)
- Symptoms of a "stomach bug" (nausea/vomiting, abdominal pain, and or diarrhea). Please see next page for instructions for illness with vomiting.
- Symptoms of an asthma flare (cough, shortness of breath, wheezing, symptoms in the middle of the night, exercise-induced symptoms, etc)





Instructions for rescheduling after dose adjustments:

| Days before dose reduction | Days back at full dose before updose |
|----------------------------|--------------------------------------|
| 6 or more days* | 3 days |
| 1-5 days** | 6 days |

- *If you reduce the dose after 6 consecutive days on the full dose without issues, then you will need 3 consecutive, additional days on the full dose before your next updose. Please contact our office to reschedule your appointment.
- **If you reduce the dose before 6 consecutive days on the full dose, then you will need 6 consecutive, additional days on the full dose before your next updose. Please contact our office to reschedule your appointment.

Missed dose instructions:

- If the time has been more than 27 hours but less than 48 hours since your last dose, then give 50% of the dose immediately, wait 20 minutes, then give the other 50% of the dose. Then, resume routine dosing with the full dose (at least 9 hours later and no later than 27 hours).

Reminders:

- Please continue your nasal sprays and antihistamines for environmental allergies. Your symptoms of environmental allergies need to be well-controlled during the food OIT process.
- Give doses at least 9 hours apart and not more than 27 hours after your last dose.
- If your illness lasts more than one week and requires more than one week of 50% dosing, please call the office for alternative dose increase instructions.

Food OIT Instructions for Oral and Dental Procedures

- If the patient has had any dental or surgical procedure, he/she should take Zyrtec, Xyzal, or Allegra at least one hour before dosing until the mouth has healed.
- On the day of ANY dental procedure (including teeth cleaning), the OIT dose should be given in the morning before the procedure, and the next dose should not be given until the NEXT morning.
 - Patients who routinely dose in the evening should take their regular dose the night before and the morning of (before) the procedure; then the patient may shift back to evening dosing by taking a morning dose and an evening dose the day AFTER the procedure.
- If there is an orthodontic procedure, please try to minimize the time the food spends in the mouth for a few days after the procedure (including adjustment or tightening of braces). Avoid food forms that must be chewed. The recommended forms are nut butters thinned with juice or water to make them more fluid OR nut/seed/wheat flours or powders mixed in a small amount of applesauce, pudding, or similar food.
- Oral cuts or sores increase the risk of a reaction. Sharp edges from braces or other dental devices should be covered, as much as possible, with wax. Kanka or Vaseline should be used to coat sores at the time of dosing.
- If there has been a tooth extraction or surgical removal of the tonsils, do not dose for two days. Resume dosing with 50% of the current dose on the third day, 75% on the fourth day, and 100% on the fifth day. Make an effort to swallow on the other side of the mouth.
- If there has been natural tooth loss, do not dose for one day. Resume dosing with 50% of the current dose the next day, and return to 100% of the dose the day after. Kanka or Vaseline should be used to coat the affected area at the time of dosing. Make an effort to swallow on the other side of the mouth. A straw may be used to bypass the affected area.
 - Because eruptions of new teeth do not disrupt the oral lining to the degree seen with a lost tooth or mouth sore, NO special precautions are required for eruptions of new teeth.