

Food Oral Immunotherapy Do's and Don'ts

DO

- Give the dose after having at least a hardy snack, preferably a meal.
- Give doses 21-27 hours apart. Be as consistent as possible with time of dosing.
- Be alert to your OIT child at brother's or sister's soccer game or other sporting event; they are likely to run around as much as children on the field.
- Monitor your child for at least the first hour after the dose is given.
- Keep your child awake for at least the first hour after the dose is given.
- Refer to the appropriate handout for missed dose instructions. Call the office for dosing instructions if the time has been more than 48 hours since your last dose.
- Call if there are any signs of reaction.
- Give epinephrine right away if there are signs of a severe reaction: sneezing, wheezing, cough, shortness of breath, swelling of the mouth or throat, change in voice quality, vomiting or sudden quietness. If there is a single episode of vomiting while or immediately after taking the dose and there are NO other problems, you may observe without treatment but if any other symptoms develop, administer epinephrine immediately.
- Go to the ER right away if reaction is severe and requires epinephrine.
- Have epinephrine available at all times!!
- Have patient eat more of his/her meal or snack (consisting of carbohydrates with protein) if patient is complaining of ONLY mild abdominal pain and/or nausea after the dose.
- Contact your physician about minor problems that occur more than once.
- Report any new gastrointestinal symptoms to your physician, including nausea, vomiting, diarrhea, heartburn, or abdominal pain.
- Contact your physician if you decrease the dose due to illness, allergies, or asthma flare for further instructions regarding your next updose appointment.
- Refer to the appropriate handout for instructions if your child will undergo an oral or dental procedure. Any break in the oral lining can increase risk of reaction.
- Keep dosing solutions refrigerated.
- Keep track of your doses remaining so that you don't run out of dosing solution(s) unexpectedly.
- Call right away for extra dosing solution if the supply is low or if an appointment must be rescheduled.

DON'T

- Don't give the dose on an empty stomach.
- Don't exercise for at least 2 hours after the OIT dose. Avoid activity that increases the heart rate or increases body temperature, including taking a hot bath or shower, for at least 2 hours after the OIT dose.
- Don't give the dose right after exercise or bathing. Wait at least 30 minutes to cool down before giving the dose.
- Don't swallow whole nuts without first chewing the nut. The food needs to be exposed to the oral lining for OIT to be effective.
- Don't give a dose without calling the office first if it has been more than 48 hours since the last dose.
- Don't come for a dose increase if there is an active illness, allergy, or asthma flare. Call to reschedule after the illness or flare has resolved.
- Don't come for a dose increase if the patient did not tolerate at least 7 consecutive, daily doses.
- Don't treat a mild reaction (a few hives, mouth itch, mild abdominal pain) that resolves within 1 hour.
- Don't give a dose less than 9 hours after the previous dose.

*Most of the above rules apply to OIT maintenance dosing, as well.