

Oral Immunotherapy (OIT) Food Guidelines: General Guidelines for Taking Your Daily OIT Dose

1. Have your child's epinephrine auto-injectors and medications available at all times. If your child has any symptoms after taking the daily OIT dose, please follow your food allergy action plan. For mild symptoms like a few hives, mild itching, mouth itching, stomach upset, or nausea use Benadryl or Zyrtec. For severe symptoms, use epinephrine immediately, call 911 and go to an emergency room. Please call us at 734-647-5940 if you have any questions.
2. Give the amount of food as daily dosing **exactly** as your provider instructed. For all other purposes, assume your child is still allergic to the food and continue strict avoidance of the food in other situations.
3. If your child has asthma, keep it under very good control. This is very important because poorly controlled asthma can be a risk factor for a severe reaction to the food.
4. Skip the OIT dose if your child has an illness, like a viral infection, cold, the flu, fever, a GI bug, or any other illnesses. These illnesses can make a person more sensitive to the food and can cause a reaction to the amount that was previously tolerated. **It is ok to skip 2 days** if your child is ill. If the illness lasts longer, and you need to skip more days, please contact us to learn about how to re-introduce the food to your child.
5. Delay dosing after significant exercise for 1-2 hours. Exercise can make a person more sensitive to their allergen. Please don't allow your child to exercise or be involved in heavy exertion for 2 hours after taking the daily dose.

6. Do not let your child take a hot shower or bath prior to their dose. Also, don't let your child take a hot shower or bath for 3 hours after the dose.
7. Avoid giving your child ibuprofen (Advil and Motrin are the most common brand names for ibuprofen) or Naproxen (Aleve) for 3-4 hours before or after their daily dosing. These are Nonsteroidal Anti-Inflammatory drugs (NSAIDs) that can make a person more sensitive to their food allergen. They can take Acetaminophen (Tylenol) instead.
8. Give your child the food dosing after a meal. This prevents some of the mild symptoms like stomach pain. Talk to your provider if your child develops any symptoms after taking the daily dose (even if they are mild).
9. Try to have your child take their daily OIT dose around the same time each day.
10. Make sure your child consumes their entire OIT dose.
11. Allow your child to skip the OIT dose for a day or two if there is a special situation such as airplane travel, family events, etc.
12. Do not freeze or heat the OIT dose (unless otherwise specified).
13. Be sure your child avoids all other foods to which they are allergic.
14. Call us at 734-647-5940 if problems arise.

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