

To Whom It May Concern,

_____ has a food allergy called Food-Protein Induced Enterocolitis Syndrome (FPIES) to _____. This is a type of allergy that usually does not result in typical “allergic” symptoms such as hives or wheezing, but rather with isolated gastrointestinal symptoms, which can be severe and lead the child to develop shock from profuse vomiting.

The foods that this child is avoiding include _____. The symptoms of this type of allergic reaction include repetitive vomiting that may not start for a few hours (e.g., 1-2 hours later, but sometimes can be immediate) following ingestion of the food to which the child is allergic. Trace amounts can trigger a reaction for some patients. There is often diarrhea that starts later (after 6 hours). In some cases (~20%), the reaction includes lethargy and low blood pressure.

These reactions are not treated by epinephrine however—this type of allergy has a different pathway, and epinephrine does not fix these symptoms. The recommended treatment is IV fluids for severe cases, and thus the child would need to be assessed by EMS and taken to an emergency room. Ondansetron (Zofran) has also been shown to be helpful in stopping the vomiting in case series.

I have provided _____’s caregiver a prescription for ondansetron oral disintegrating tablets, with the instructions to place (2mg or 4mg) on the inside of their cheek in between vomiting episodes, and to try to take fluids at home as the first treatment steps.

Many reactions are not necessarily severe and may involve only self-limited vomiting without the child appearing lethargic, weak, or pale. However, indications of a severe reaction would include prolonged vomiting with the appearance of a tired, weak, pale, lethargic, unresponsive child, or a child who is unable to tolerate fluids at home. EMS must be called if this is the case.

Should this child present to the emergency department in the midst of a reaction, please strongly consider placing an IV and providing a fluid bolus. Please also strongly consider providing a dose of Ondansetron, which has been shown to be of considerable help to stop the vomiting. Please feel free to contact our office for any further assistance.

Sincerely,

My child’s allergist is: _____

My child’s physician is: _____

Physician contact information: _____

My child’s current weight is: _____