



International FPIES Association (I-FPIES)

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contact@fpies.org

Date:

Re: Patient's Name:

Date of Birth:

Dear Doctor (To Whom It May Concern),

The patient named above has a food allergy called Food Protein-Induced Enterocolitis Syndrome (FPIES). This is a type of allergy that usually does not result in typical "allergic" symptoms such as hives or wheezing, but rather in isolated gastrointestinal symptoms.

The foods this child is avoiding include:

The symptoms of this type of allergic reaction include vomiting that typically does not start for about 2 hours following ingestion of the food to which the child is allergic. Even trace amounts can trigger a reaction. There is often diarrhea that starts later (after 6 hours). In some cases (approximately 20%), the reaction includes hypotension and lethargy. The treatment is symptomatic and can include intravenous fluids (e.g. Normal saline bolus, hydration) and steroids (e.g. Solumedrol 1-2 mg/kg) for significant symptoms. The latter is given because the pathophysiology is that of a T cell response. Ondansetron, 0.15 mg/kg/dose can be given intravenously (maximum dose 16 mg) or intramuscularly (maximum dose 4 mg) to manage emesis in patients older than 6 months.

This information is being given so that this could be considered in the differential diagnosis for this patient in the event of symptoms. Of course, this illness does not preclude the possibility of other illness (e.g. Infection) or even other types of allergic reactions leading to symptoms, so it is up to the evaluating physician to consider all possibilities. Similarly, the treating physician is encouraged to pursue any other treatments deemed necessary (e.g. symptomatic such as epinephrine for shock, antibiotics for presumed infection, etc).

Please feel free to contact us for any further assistance.

Sincerely,