



International Association for Food
Protein Enterocolitis (IAFFPE)
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Date

Re: _____ (Child's Name)
_____ (Date of Birth)

Dear Doctor (To Whom It May Concern),

_____ 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 isolated gastrointestinal symptoms.

The symptoms of this type of allergic reaction include repetitive vomiting that may not start for a few hours (e.g., two 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 (~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.

This information is being given so that this could be considered in the differential diagnosis for this patient in 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 infections, etc.).

Sincerely,