

FPIES CAREGIVER FORM

This piece was developed to help educate caregivers (family members, babysitters, educators, etc.) about caring for a child with Food Protein-Induced Enterocolitis Syndrome (FPIES).



Child's Full Name: _____ Age: _____ Weight: _____

Food/Drug Allergies: _____

Parent's Name: _____ Contact #: _____

Parent's Name: _____ Contact #: _____

Address (current location): _____

Doctor's Name: _____ Contact #: _____

- ◇ FPIES is a rare, serious form of food allergy that affects the gastrointestinal system
- ◇ Trace amounts of food can cause a reaction
- ◇ Prevention and preparedness are essential

Preventing an FPIES Reaction

Learn How to Read a Label for Food Allergens

- ◆ Some food allergens may be **hidden ingredients** in a food and can be found in flavorings, colorings, additives. If unsure, do not give the food in question.
- ◆ **Only offer those foods that a parent has specifically approved for the child.** (*Check box if applicable*)

Prevent Cross-Contact

- ◆ **Never share** dishes, utensils, cups, water bottles, or food. Wash dishes, utensils, cups, etc. thoroughly, with soap and water.
- ◆ **Clean hands** well with soap and water or hand wipes before feeding the child and/or after you eat
- ◆ **Clean tables and eating surfaces** thoroughly with soap and water or household cleaners/wipes. Ensure that crumbs or other pieces of food are removed from the floor or within child's reach.
- ◆ **Other sources of exposure:** Anything that comes in contact with a food allergen, including sponges, dishtowels, aprons, food that touches the allergen. Also be aware that beauty and hair products, lotions, hand sanitizer, may contain allergens.

Preparing for an FPIES Reaction

- ◆ **Be prepared by having an ER Letter available** to provide to emergency staff, which offers treatment guidelines for a severe FPIES reaction. Review with the family how they would like you to address emergency situations.
- ◆ **FPIES is not anaphylaxis and does not require use of Epinephrine.** However, some children may also have IgE allergies/symptoms (hives, swelling, difficulty breathing, anaphylaxis) in addition to FPIES. If the child has these allergies, review Epinephrine auto-injector procedures with parents.
- ◆ **If the child has accidentally eaten a food—even if there is currently NO REACTION—call the parent immediately.**
- ◆ **Call 911 immediately if the child has any of the following symptoms: profuse vomiting, diarrhea, lethargy, shock.** Tell them the child is having an allergic reaction called FPIES and needs IV fluid to prevent/treat dehydration and possible shock.

Summary

Read all ingredient labels, avoid cross-contact.

Review emergency procedure with family.

Review safe foods and unsafe foods with family.

FPIES reaction requires rehydration, not Epinephrine.

For more information about FPIES, including tools and resources, helpful handouts and educational videos, please visit the International FPIES Association (I-FPIES) at www.fpies.org.

This piece was created in collaboration with AllergyHome and Kids with Food Allergies. This is a quick fact sheet; it is not meant to be all-inclusive. This information is meant to increase, not replace, current food allergy training.

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KIDS WITH FOOD ALLERGIES
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