

FPIES CAREGIVER FORM

Developed by the International Association for Food Protein Enterocolitis (IAFFPE) to help educate caregivers (friends, family, babysitters, 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 #: _____

For emergency, dial 911 or: _____



- ◇ FPIES is a rare, serious form of food allergy
- ◇ 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

- ◆ Food allergens can be hidden ingredients in any food and can be found in flavorings, colorings, additives.
- ◆ If unsure, do not give the food in question.
- ◆ Read labels every time: Ingredients can change without notice.

Prevent Cross-Contamination

- ◆ 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

- ◆ Have an ER Letter available. Review with the family how they would like you to address emergency situations. Some families prefer that you call 911 first; others will want you to contact them first.
- ◆ If a child goes into shock under your care, always call 911 first. If a child accidentally ingests a food that he/she has never had before or is listed on his/her unsafe list, call the parent immediately.
- ◆ FPIES is not an anaphylactic allergic reaction and does not require the use of Epinephrine (e.g., EpiPen®).
- ◆ Always call 911 or local ambulance service for a severe FPIES reaction (e.g., delayed, profuse vomiting; diarrhea; lethargy; shock). Tell them that the child is having an allergic reaction called FPIES and needs IV fluid rehydration to support dehydration and possible shock.
- ◆ Provide ER staff with the ER Letter, which offers treatment guidelines for a severe FPIES reaction.
- ◆ Some FPIES children may also have IgE allergies/symptoms (hives, swelling, difficulty breathing, anaphylaxis). Discuss any IgE allergies with the family. If child requires use of an Epi-Pen, review how to administer this with the child's parents.

Summary

- ◆ Read all ingredient labels, avoid cross contamination.
- ◆ Review emergency procedure with family.
- ◆ Review safe foods and unsafe foods with family.
- ◆ An FPIES reaction requires rehydration, not Epi-Pen.

Reference: "Food Allergy Drop-Off and Baby Sitter Form," www.allergyhome.org. 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. For more details and other information, visit iaffpe.org. Copyright ©2013, IAFFPE, all rights reserved. May 2013.