



Emergency Letter

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 abdominal pain, diarrhea, and repetitive vomiting that may be delayed (e.g. 1-6 hours) after eating the food to which a person is allergic. Even trace amounts can trigger a reaction. In some cases this reaction includes hypotension and lethargy. The treatment is symptomatic and can include:

- intravenous fluids (e.g., normal saline bolus, hydration)
- ondansetron as needed to help stop vomiting
- steroids (e.g., Solumedrol 1-2 mg/kg) for significant symptoms, which may help suppress pathologic allergic inflammatory responses.

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 diagnosis 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,