Food Protein-Induced Enterocolitis Syndrome is a non-IgE gastrointestinal food allergy. Upon exposure to a trigger food, acute FPIES patients may experience delayed onset profuse vomiting (approximately 2+ hours after exposure) resulting in severe dehydration. This may lead to hypovolemic shock, a medical emergency that requires immediate medical attention.

**PLANNING FOR EMERGENCY**

- Once a diagnosis is established, obtain an Emergency Letter from your provider.
- Evaluate severity of previous reactions: Acute vs. Chronic.
- Determine whether to do food challenges at home or in the hospital.
- Utilize medic alert or similar programs.
- Identify two other individuals who can help if an emergency arises.

**WARNING SIGNS OF SHOCK**

- Persistent vomiting that may be followed by diarrhea.
- Dehydration: Dry lips, unable to make tears, dry diapers or decrease in urination.
- Weakness or “floppy” appearance.
- Pallor or “bluish” appearance/lips.
- Increased heart rate or a pulse difficult to detect.
- Cool, moist skin.
- Dizziness.
- Sleepiness.
- Anxiety.
- Change in affect: disorientation, confusion.

**EMERGENCY ROOM VISIT**

- Prepare a bag ahead of time inclusive of: hydration, formula (if needed), safe foods, comfort items, change of clothing, medications, ER letter.
- Call ahead and alert your team.
- Assign one person to be your point of contact to share medical updates with family and/or friends.
- Utilize emergency services if needed while driving.
- Request IV team: hot packs, red light, numbing agents.
- Create a calm environment: dim the lights, soft music, your child’s favorite TV show or movie.
- Stay connected to support.
- Ask questions, advocate, provide a detailed history.

[www.fpies.org](http://www.fpies.org)
TREATMENT

- Intravenous Fluids
- Ondansetron: IV or IM
- Steroids
- Epinephrine has not shown benefit
- Gut Rest
- Oral hydration as tolerated

DISCHARGE & RECOVERY

- Healing takes time
- If your child is refusing to eat or drink, call your provider or return to the ER
- Your child may be more emotional and susceptible to stress
- Go slow: Reintroduce liquids and solids at the pace your child can tolerate
- Post-reaction diarrhea may be present but will resolve on its own

COPING WITH ANXIETY & PTSD

- You are not alone
- Anxiety and trauma are valid emotions and responses to this stress
- Support is key: family, friends, other FPIES parents
- Assess where you are on the spectrum
- Seek out professional support if FPIES has become unmanageable