



Raising awareness of Food Protein Induced Enterocolitis in the UK

Childs Name D.O.B.

Dear Doctor (To Whom It May Concern),

This child is awaiting referral to be evaluated for a rare food allergy called Food-Protein Induced Enterocolitis syndrome. This is a type of allergy that usually does not result in typical "allergic" symptoms such as hives or wheezing, but rather with isolated gastrointestinal symptoms, such as profuse vomiting and sometimes diarrhoea.

The symptoms of this type of allergic reaction include repetitive vomiting that may not start for a few hours (e.g. 2 hours usually) following ingestion of the food to which the child is allergic.

The most common triggers are Cow's milk, soya, rice, oats, eggs, peas, beans, sweet potato and poultry. However it is possible that any food trigger a reaction, even in trace amounts.. There is often vomiting +/- diarrhoea that starts later (after a few hours).

Suspected food triggers.....
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This child may be at risk of repetitive vomiting with lethargy, hypotension, metabolic acidosis, and/or methaemoglobinemia. The treatment is symptomatic and can include, Intravenous fluids (e.g. 20mls/Kg 0.9% saline bolus, hydration) and steroids 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 in the event of symptoms. Of course, this illness does not preclude the possibility of other illnesses (e.g., infection, toxin ingestion) or even other types of allergic reactions leading to symptoms, so it is up to the evaluating Doctor to consider all possibilities. Similarly, the Medical team is encouraged to pursue any other treatments deemed necessary (e.g., symptomatic such as adrenaline for shock, antibiotics for presumed infection etc.).

For more information please visit fpiesuk.org