**Food Oral Immunotherapy Safety Rules of the Road**

Things associated with an increase chance of reactions: illness, empty stomach, exercise, hot bath or shower, surgery, vaccination, break in the oral lining: lost tooth, dental surgery, first days of braces

**DO**

* Give the dose in the morning with food in the stomach
* Give doses 21 - 27 hours apart
* Keep dosing solutions refrigerated
* Return glass bottle clean and dry with the label removed at updose visits
* Monitor your child for the first hour after the dose is given
* Limit activity for an additional hour (total 2 hours) after dosing
* Inform us of travel plans, away camp, surgery, dental procedures for dose adjustments
* Any illness such as a cold:

Cut dose in half

No exercise for 4 hours if sick

Keep the dose at half for the full duration of illness plus a day or two

Then call office for updose instructions

* Be ready for a reaction: have epinephrine and Zyrtec available at all times
* Give Zyrtec and call us right away if there is a single symptom of a mild reaction
* Give epinephrine right away if there are any signs of a more severe reaction:
* sneezing nasal congestion wheezing cough shortness of breath
* swelling of the mouth or throat or changes in voice
* abdominal discomfort nausea or vomiting, sudden quietness or change in demeanor
* if the physician cannot be reached - use epinephrine and go to Emergency Room
* Call us only during office hours for instructions on returning back up
* Plan to decrease or hold dose for oral or dental procedures except for routine cleaning

Any break in the oral lining can increase the risk of reaction

* Plan to hold next day’s dose after surgery lost tooth or after vaccines
* Understand Travel recommendations
  + Dose at least 3 hours prior to boarding airplane
  + We may down-dose prior to travel to minimize reaction rate
  + Especially if going to remote places
* Always carry Zyrtec and Epinephrine with no hesitation using if reaction occurs
  + Epinephrine is not harmful and can always be used if there is any question
  + Delaying the epinephrine can make the reaction much more difficult to treat

**DON’T**

* Don’t give the dose on an empty stomach
* Don’t give the dose right after exercise or bathing: wait at least 15 minutes to cool down
* Don’t exercise for at least 2 hours after the OIT dose
* Don’t exercise for at least 4 hours after the OIT dose if the patient is sick
* Don’t give full doses after surgery, losing tooth and vaccines (except annual flu vaccine)
* Don’t take hot bath or hot shower for at least two hours after dose
* Don’t give a full dose if there is active illness – cut the dose in half
* Don’t updose on your own after recovered from illness –call for instructions during office hours
* Don’t come into the office for a dose increase if there is active illness or asthma

**In other words…**

* Dosing should be given approximately 24 hours apart - within the 21-27 hour window.
* Call the office if a dose is missed or if it has been more than 27 hours since the last dose.
* If there is ever a problem with dosing, please call for instructions.
* Please cut the dose in half if there is any illness, even a minor cold.
* Stay at that dose until we communicate.
* This may be several days and may impact the next week’s up-dose appointment.
* Once the patient has been 100% back to normal plus one full day, call during office hours to get instructions for getting back up.
* Please call to cancel up-dose appointments if there is any illness or asthma.
* Make sure that you report any reaction no matter how small, when it happens
* Do not give the next dose after a reaction before getting instructions.
* Anaphylaxis action plan – one mild symptom give Zyrtec and call
  + Second symptom or any progression use Epi immediately
  + If a reaction occurs and you are unable to get in touch with us…
  + Treat and go to the Emergency Room.
* **DO NOT** give a re-escalation dose without calling the office for instructions.
* **DO NOT** come in for a dose increase if there is an active illness or asthma flare.

**Surgery**

Next morning – No Dose

Then – 1/2 Dose

Then – Full Dose

**Dental surgery or after losing a tooth or after first day of braces**

Next morning – No Dose

Then – 1/2 Dose

Then – Full Dose

**Routine vaccinations**

Next morning – No Dose

Then – 1/2 Dose

Then – Full Dose

**- exception: Flu vaccine no dose adjustment**

**- exception: COVID vaccine stay at ½ dose for 5 days**

**On-call physician is almost always available via main number 847-256-5505**

If we do not response quickly please call back

We want to hear about symptoms, treatment, did it work, and why reaction happened

We do not treat acute medical questions via email – always call us with reactions

For sending medical records, pictures of rashes, ingredients, etc, use [pfdetjenmd@gmail.com](mailto:pfdetjenmd@gmail.com)

For sending pictures or videos of your journey, OIT graduation, use [oitpictures@gmail.com](mailto:oitpictures@gmail.com)

Facebook: OIT101 (considering OIT) PrivatePracticeOIT (in OIT)

Please join: DrDetjenOITParentSupport KenilworthAllergyAsthma

Spokin App - register auto-injector and expiration dates