

Q. How long will the entire process take?

A. The first visit will take about 2-3 hours. If there are no issues or reactions during the treatment, your child may be eating a full serving of the food in about 2-4 months.

Q. Should routine allergy medications be stopped before the first visit or held on subsequent up-dosing days?

A. No.

Q. What is the timeline for the months after the first day?

A. Exactly how it will go depends on each individual child. If everything goes well, some amount of the whole food will be eaten during the first or second month. Once maintenance is reached, if there are no reactions, regular dosing will be required to maintain tolerance. After a period of time the dosing frequency will be reevaluated and possibly reduced.

Q. How often can the dose be increased?

A. The interval between dose increases is a minimum of four to seven days depending on the treatment food.

Q. What time of day should home doses be given?

A. The dose may be taken at anytime during the day. You should try to give the dose at the same time every day, however, it is always best to take it at a time when observation, and the time between your dose and vigorous exercise, is at a maximum.

Q. Should the dose be taken on the same day as an up-dosing appointment?

A. Hold your home dose on these days.

Q. How long should my child stay awake after the evening dose?

A. Children should be observed for 30 minutes to one hour after the dose is given. They should not be allowed to sleep during this time. The child should NEVER take a dose while alone.

Q. If there is a reaction at home, what should I do?

A. Treat the reaction the same way you would any food reaction; antihistamine if there is only a rash, itchy skin or mouth, or hives, Epi-pen if there are other symptoms of anaphylaxis. Call 911 if necessary. If there are only a few hives DO NOT give antihistamine for the first hour so we can see if the reaction progresses. However, if the hives are increasing, give antihistamine. Call us after the appropriate immediate intervention. We will give instructions on future dosing.

Q. What if we are flying when the dose is due?

A. Do not administer the dose on the day you are flying until you've reached your destination and are settled. A letter for the Transportation Safety Authority explaining the procedure and the need to carry food solution on to the plane is available upon request.

Q. Does the solution need refrigeration?

A. There are no preservatives in solution. It MUST be kept cold.

Q. What do I do if refrigeration is not maintained or if it smells or tastes different?

A. If the solution sits out for more than 60 minutes, or if it appears to have spoiled, the solution must be replaced. Please call the office.

Q. What if my child is sick and can't take the doses on schedule?

A. Our standard protocol is to reduce the dose by at least 50% when sick. If the patient is unable to keep food down we address this differently. Instructions for assuming original dose and dosing schedule should be discussed with a healthcare professional at our clinic. If there is a gap of more than 48 hours between doses, for any reason, call before giving the next dose.

Q. At what point can we buy our own food?

A. At some point during the treatment you will be required to buy your own food. Once maintenance is reached, other foods of equivalent ounces or grams may be substituted.

Q. When may foods that contain the treatment food be introduced into the regular diet?

A. You will be informed during the treatment at what point this can occur. For specific timing please inquire at the clinic. Most achieve this milestone by the fourth or fifth visit.

Q. What is the goal of this process?

A. Our goal is to make the patient "bite proof". The number one goal is safety; to allow the patient to eat foods that have come in contact with the allergen, foods that may contain the allergen, and the actual food, without worry.

Q. What is the follow-up schedule once a full portion of the food is achieved?

A. Once the full dose has been reached there will be a three month follow-up challenge visit and subsequent visits as needed.

Q. Can two desensitization foods, one on maintenance dose and one on increasing dose, be given at the same time?

A. Yes.