

Preparing for Oral Immunotherapy visits

INITIAL DOSE ESCALATION

- Purpose: Establish starting dose for therapy.
- Procedure: Repeated doses (four or more) of food are given. After each dose, your child will wait 20–30 minutes to make sure doses can continue. After the final dose, your child’s allergist will observe your child for 60 minutes. Should an allergic reaction occur, your child’s allergist will treat it accordingly, which may also include discontinuing treatment.
- Duration: Approximately 4 hours.
- Prior to visit: Eat a meal of carbohydrate snack within one hour.
- Bring to visit: Three servings of a soft food (ie applesauce, yogurt) plus snacks, entertainment (books, games, toys, etc).
- After the visit: If successful, expect to return within 1 week to start the up-dose phase.

UP-DOSE

- Purpose: Increase daily dose of food.
- Procedure: One dose of food given, followed by 60 minute observation. Should an allergic reaction occur, your child’s allergist will treat it accordingly.
- Prior to visit: Eat a meal of carbohydrate snack within one hour.
- Bring to visit: Three servings of a soft food (ie applesauce, yogurt) plus snacks, entertainment (books, games, toys, etc).
- After the visit: No further doses are given on up-dose day. If successful, treatment will be continued the following day, at the higher dose.