



## FPIES CAREGIVER FORM

This piece was developed to help educate caregivers (family members, babysitters, educators, etc.) about caring for a child with Food Protein-Induced Enterocolitis Syndrome (FPIES).

Child's Full Name: \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_

Food/Drug Allergies: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Contact #: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Contact #: \_\_\_\_\_

Address (current location): \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Contact #: \_\_\_\_\_

## Preventing an FPIES Reaction

### Learn How to Read a Label for Food Allergens

- Some food allergens may be hidden ingredients in a food and can be found in flavorings, colorings, additives. If unsure, do not give the food in question.
- Only offer those foods that a parent has specifically approved for the child. (Check box if applicable)

### Prevent Cross-Contact

- Never share dishes, utensils, cups, water bottles, or food. Wash dishes, utensils, cups, etc. thoroughly, with soap and water.
- Clean hands well with soap and water or hand wipes before feeding the child and/or after you eat
- Clean tables and eating surfaces thoroughly with soap and water or household cleaners/wipes. Ensure that crumbs or other pieces of food are removed from the floor or within child's reach.
- Other sources of exposure: Anything that comes in contact with a food allergen, including sponges, dishtowels, aprons, food that touches the allergen. Also be aware that beauty and hair products, lotions, hand sanitizer, may contain allergens.

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## Preparing for an FPIES Reaction

- Be prepared by having an ER Letter available to provide to emergency staff, which offers treatment guidelines for a severe FPIES reaction. Review with the family how they would like you to address emergency situations.
- FPIES is not anaphylaxis and does not require use of Epinephrine. However, some children may also have IgE allergies/symptoms (hives, swelling, difficulty breathing, anaphylaxis) in addition to FPIES. If the child has these allergies, review Epinephrine auto-injector procedures with parents.
- If the child has accidentally eaten a food—even if there is currently NO REACTION—call the parent immediately.
- Call 911 immediately if the child has any of the following symptoms: profuse vomiting, diarrhea, lethargy, shock. Tell them the child is having an allergic reaction called FPIES and needs IV fluid to prevent/ treat dehydration and possible shock.

## Summary

- **Read all ingredient labels, avoid cross-contact.**
- **Review emergency procedure with family.**
- **Review safe foods and unsafe foods with family.**
- **FPIES reaction requires rehydration, not Epinephrine.**

For more information about FPIES, including tools and resources, helpful handouts and educational videos, please visit the International FPIES Association (I-FPIES) at [www.fpies.org](http://www.fpies.org).

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