



Name: _____ Date of birth: DD / MM / YYYY

Confirmed triggers: _____

Additional instructions: _____

Family/emergency contact(s):

1. _____ Mobile: _____

2. _____ Mobile: _____

Plan prepared by: _____

(doctor, nurse practitioner or allergy dietitian)

Signed: _____ Date: DD / MM / YYYY

This plan does not expire but review is recommended by: DD / MM / YYYY

This plan is to be used for delayed non-IgE mediated allergic reactions to foods, including Food Protein Induced Allergic Proctocolitis (FPIAP) and Food Protein Enterocolitis (FPE).

- FPIAP is a delayed non-IgE mediated food allergy, associated with blood and mucus in stool, and diarrhoea in an otherwise thriving infant.
- FPE is a delayed non-IgE mediated food allergy associated with diarrhoea, abdominal pain, vomiting, and sometimes faltering growth.

Adrenaline (epinephrine) injectors and antihistamines do not play a role in the management of delayed non-IgE mediated allergic reactions to foods.

SIGNS OF FPIAP AND FPE

Signs of FPIAP include:

- Blood and mucus in stool
- Diarrhoea

Signs of FPE include:

- Diarrhoea
- Abdominal pain
- Vomiting

ACTIONS FOR FPIAP AND FPE

- Phone family/emergency contact
- Watch to see if symptoms get worse
- Do not give any trigger foods, but the child can have other foods or drinks

Some people with delayed non-IgE allergic reactions to foods may also have an immediate (IgE mediated) food allergy. They will have a separate red ASCIA Action Plan for Anaphylaxis (if adrenaline is prescribed) or a green ASCIA Action Plan for Allergic Reactions (if adrenaline is not prescribed) for this food allergy.

Blue ASCIA Action Plans for Food Protein Induced Enterocolitis (FPIES) and Eosinophilic Oesophagitis (EoE) are also available on the ASCIA website

www.allergy.org.au/hp/ascia-plans-action-and-treatment