



The FPIES Foundation
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Dear Doctor (To Whom It May Concern),

My child has a food allergy called Food-Protein Induced Enterocolitis syndrome. This is a type of allergy that usually does not result in typical "allergic" symptoms such as hives or wheezing, but rather with isolated gastrointestinal symptoms.

The foods that this child is avoiding include: _____.

The symptoms of this type of allergic reaction include repetitive vomiting that may not start for a few hours (e.g., 2) following ingestion of the food to which the child is allergic. Even trace amounts can trigger a reaction. There is often diarrhea that starts later (after 6 hours). In some cases (about 20%), the reaction includes lethargy, hypotension, acidemia, and/or methemoglobinemia. The treatment is symptomatic and can include intravenous fluids (e.g. normal saline bolus, hydration) and steroids for significant symptoms. The latter is given because the pathophysiology is that of a T cell response.

This information is being given so that this could be considered in the differential diagnosis for my child in the event of symptoms. Of course, my child having this illness does not preclude the possibility of other illnesses (e.g., infection, toxin ingestion) or even other types of allergic reactions leading to symptoms, so it is up to the evaluating physician to consider all possibilities. Similarly, the treating physician is encouraged to pursue any other treatments deemed necessary (e.g., symptomatic such as epinephrine for shock, antibiotics for presumed infection).

Sincerely,

Your name

ER letter example provided courtesy of Dr. Scott H. Sicherer, from the book: Sicherer, Scott H. *Understanding and Managing Your Child's Food Allergies*. Baltimore: The Johns Hopkins University Press, 2006 (36).

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