

# SHOCK & DEHYDRATION IN ACUTE FPIES REACTIONS

**FPIES (Food Protein-Induced Enterocolitis Syndrome)** is a rare type of non IgE food allergy. Acute FPIES reactions cause severe vomiting and/or diarrhea 2+ hours after ingesting a trigger food. This can cause dehydration and may progress to **shock**, a life-threatening reaction.

## Dehydration

A medical condition that occurs when the body loses more fluids than it is taking in, when blood pressure drops and body systems begin to shut down. There is not enough blood flow and oxygen delivery.

- ◆ Sunken eyes
- ◆ Dry cracked lips
- ◆ Decreased skin elasticity
- ◆ Decreased urination

**Seek medical intervention immediately to avoid shock; progression can be stopped with appropriate treatment.**

*Laboratory results that support dehydration are blood work and urine.*

## Compensated Shock

A medical condition that occurs due to the body's attempt to compensate for excessive fluid loss.

- ◆ Extreme thirst
- ◆ Restlessness and progressive anxiety
- ◆ Weakness
- ◆ Tachycardia (fast heart rate)
- ◆ Decreasing pulse strength
- ◆ Prolonged capillary refill
- ◆ Pallor
- ◆ Cool and moist skin
- ◆ Eventual "air hunger"
- ◆ Decreasing blood pressure
- ◆ Mottling of skin

**There is a need for emergency medical treatment in order to prevent further progression.**

## Decompensated Shock

This occurs when the body's compensation strategies begin to fail, and signs and symptoms of shock become more apparent.

- ◆ Pulse difficult to detect (too fast or too slow)
- ◆ Altered state of consciousness
- ◆ Disorientation/confusion
- ◆ Grey/ashen skin
- ◆ Cold and dry skin
- ◆ Rapid drops in blood pressure

**THIS IS A LIFE-THREATENING MEDICAL EMERGENCY.**

*With progression of shock, end-organs do not get blood flow and are deprived of oxygen. Blood does not flow to remove waste products. The body becomes more acidic. A blood sample from an artery may be needed to assess this.*

**Shock is a serious medical condition** and can progress rapidly in young children. The FPIES Foundation does not provide individualized medical advice, diagnosis, or treatment. The information provided is intended for supportive, awareness and educational purposes and not as medical advice. It is not a substitute for care by a trained medical provider.

**Shock can only be assessed by a medical professional.**

**If your/the child is experiencing symptoms noted above call your health care provider immediately or call for 911 for help.**



For more information: [www.fpiesfoundation.org](http://www.fpiesfoundation.org)

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