



“...With the help of other FPIES families, we are coping, handling and even growing stronger as a family because of it” – An FPIES mom

**FPIES (Food Protein-Induced Enterocolitis Syndrome)** is a rare type of food allergy affecting the gastrointestinal tract. Classic FPIES reactions occur 2 or more hours after ingesting the “trigger” food and typically involve profuse vomiting, diarrhea, and can progress to shock.



There is no cure for FPIES and there are no diagnostic tests to confirm diagnosis. Food trials are the only way to determine whether or not a food is safe for each child. Any food can trigger an FPIES reaction and different children react to different food(s).

FPIES is not well-known, even within the medical community, and awareness is desperately needed to facilitate better diagnosis and symptom management for affected children. Together, we can raise awareness and help to improve the quality of life for affected children and their families.

The FPIES Foundation is an Incorporated 501(c)3 Non-profit Foundation whose mission is dedicated to overcoming the challenges of Food Protein- Induced Enterocolitis Syndrome by offering tools for education, support, and advocacy to empower families and the medical community.

[www.TheFPIESFoundation.org](http://www.TheFPIESFoundation.org)



## What is FPIES?

**FPIES (Food Protein-Induced Enterocolitis Syndrome)** is a type of food allergy affecting the gastrointestinal (GI) tract.

### *Symptoms:*

- The classic pattern of an FPIES reaction following the ingestion of a trigger food is the delayed onset (2-3 hours or more) of dramatic symptoms, including severe and repetitive vomiting and diarrhea possibly leading to sepsis-like shock.
- The chronic reaction pattern includes increasingly severe vomiting, diarrhea, and poor growth, possibly progressing to an illness mimicking a severe total-body infection.

### *Triggers:*

- In the first months of life, FPIES reactions are most often caused by cow's milk protein formula, and sometimes by soy; proteins in breast milk may also cause symptoms in some infants.
- For infants experiencing FPIES with solid foods, rice and oats are the most common triggers. Any food protein can trigger a reaction, some children may react to 1-2 foods whereas others may experience reactions to multiple foods.

### *Testing:*

- FPIES is a non-IgE food allergy. Unlike typical food allergies, symptoms may not be immediate and do not include hives, swelling or wheezing, and do not show up on standard allergy tests.
- An FPIES diagnosis is usually made by an allergist or gastroenterologist and takes into account patient history, as well as ruling out various other possible conditions.

### *Treatment:*

- FPIES reactions are severe. Immediate medical attention is needed for IV hydration and monitoring.
- With proper medical attention and a personalized dietary plan to ensure proper nutrition, children with FPIES can grow and thrive.

