

**FPIES (Food Protein-Induced Enterocolitis Syndrome)** is a type of food allergy affecting the gastrointestinal (GI) tract. Classic symptoms of FPIES include profuse vomiting, diarrhea, and dehydration. These symptoms can lead to severe lethargy, change in body temperature and blood pressure. Unlike typical food allergies, symptoms may not be immediate and do not show up on standard allergy tests. Furthermore, a negative allergy evaluation may delay the diagnosis and take the focus off the causative food. Nonetheless, FPIES can present with severe symptoms following ingestion of a food trigger.

***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.

To learn more visit: [www.thefpiesfoundation.org](http://www.thefpiesfoundation.org) or contact us at: [contact@thefpiesfoundation.org](mailto:contact@thefpiesfoundation.org)