

## A NETWORK OF CARING

**The FPIES Foundation** is an incorporated 501(c)3 nonprofit organization, run on 100% volunteer power. As co-directors, co-founders and parents of children diagnosed with FPIES, Joy Meyer and Amanda LeFew aim to provide tangible support resources for both the affected families and the medical community.

Educational information provided by The FPIES Foundation is fact checked for accuracy by our medical advisory board, consisting of multidisciplinary leaders in FPIES research, treatment, and support.

Our programs include funding research, providing educational resources for practitioners, families and the community, and advocating to support the needs of affected individuals and their families worldwide.

Together with our community, we are proud to be the voice of FPIES education, advocacy and support.

**“The FPIES Foundation is THE go-to site for the most up-to-date information, practical advice and parental support”**

– *Great Nonprofits review, from a Child Life Specialist*

**Has your child experienced severe episodes of vomiting after eating infant cereal and/or first foods, or after drinking formula?**

**Do you question whether or not a specific food or foods may be contributing to worsening symptoms of periodic vomiting, chronic diarrhea, reflux and/or failure to thrive?**

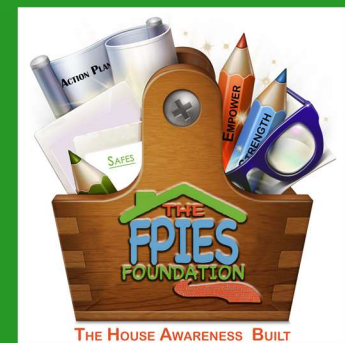
**These symptoms may indicate a need to speak with your child's doctor about an FPIES evaluation.**

**To learn more, visit [fpiesfoundation.org](http://fpiesfoundation.org) today.**

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## WHAT IS FPIES?

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.

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.

FPIES can present with severe symptoms following ingestion of a food trigger. There are currently no diagnostic tests available. The only way to determine which foods an individual will react to is by performing single-ingredient food trials.

With proper medical attention and a personalized dietary plan to ensure proper nutrition, individuals with FPIES can grow and thrive

## RESOURCES & TOOLS

A new FPIES diagnosis can be very overwhelming! At The FPIES Foundation, we've got you covered with resources and tools to help your family through every age and stage, readily available at our website.

From emergency and care planning to cooking and nutrition, from food journals to FPIES awareness in your home community, there's something for everyone! Download resources for free, watch informative webinars, search for FPIES-familiar practitioners, and connect with us to request in-hand educational materials—all from the comfort of your own home.

Visit the FPIES Toolbox to get started!



WHATS  
YOUR  
PLAN?

## LIVING WITH FPIES

Because there are no tests for FPIES, affected individuals must trial all foods individually for a specific period of time in order to determine which foods can be tolerated in the diet.

To help monitor whether or not a food is tolerated, keeping a food journal can be helpful; record the food, the times it is eaten, and what response the individual has to the food (i.e. if there are symptoms of FPIES present).

Living with an FPIES diagnosis means being prepared! In addition to keeping a food journal, individuals diagnosed with FPIES and their families find it helpful to develop written emergency plans (with a medical practitioner) and ER letters, as well as special management plans for handling FPIES in daycare, school, or other social settings.

In addition to being prepared, navigating an often stressful diagnosis requires attention to self-care. Finding or creating support groups—online or in-person!-- can be a great way to seek out support from others who understand the unique challenges this diagnosis can present.

For all of these aspects of daily life with FPIES and more, visit our website for essential tips, tricks and free resources—a network of caring.