

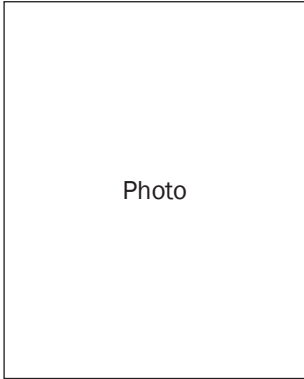
# ACTION PLAN FOR FPIES

(Food Protein Induced Enterocolitis Syndrome)



Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_



Confirmed triggers:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Family/emergency contact name(s):

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Work Ph: \_\_\_\_\_

Home Ph: \_\_\_\_\_

Mobile Ph: \_\_\_\_\_

Plan prepared by doctor or nurse practitioner.

Name: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

FPIES is a delayed gut allergic reaction, which presents with repeated and profuse vomiting that may not start for a few hours after a trigger food(s) is eaten.

Some people with FPIES may develop diarrhoea, lethargy, become pale, floppy and/or feel cold.

**Adrenaline (epinephrine) autoinjectors and antihistamines do not play a role in the management of FPIES.**

## MILD TO MODERATE SYMPTOMS

- Vomiting
- Diarrhoea

## ACTION FOR MILD TO MODERATE SYMPTOMS

- Notify parent/guardians
- Observe for progression

## SEVERE SYMPTOMS

Any one of the following in addition to vomiting:

- Pale and floppy
- Cold to touch

## ACTION FOR SEVERE SYMPTOMS

- 1 Phone ambulance: 000 (AU) or 111 (NZ)**
- 2 Phone family/emergency contact**

Some people with FPIES may also have a food allergy and be at risk of anaphylaxis to other foods. They will have a separate ASCIA Action Plan for Anaphylaxis for this food allergy.

Additional instructions: \_\_\_\_\_