

OIT (Oral Immunotherapy) Recipes and Patient Instructions

Family Checklist: Please ensure you have all the items below prior to your first virtual OIT appointment.

☐ Oral Syringes

- Purchase a box of **1mL disposable syringes (without the needles – for pet feeding is acceptable)** that have 0.1mL increments marked on the side of the syringe, as most daily volumes are 0.1mL (please use a new syringe each day to prevent foodborne illness)
 - o **Examples:** BD eclipse 1mL oral syringes or Terumo 1mL oral tuberculin syringes (available on Amazon.ca or at local pharmacies)
- Purchase one **10mL syringe** (used for diluting)

☐ 0.01g Scale (the precision of a 0.01g scale is important for lower weights)

- Purchase a **scale with two decimal places and calibrate it before your first virtual appointment using the calibration weight provided (calibration weight is in red circle in photo below).**
 - o **Recommended scale:** Fuzion Digital Pocket Scale, 200g/0.01g Gram Scale with Calibration Weight included (available on Amazon.ca, for around \$30)



☐ Food protein: liquid or powder/flour

- Found in the OIT protocols which will be made available to practicing Allergists and Clinical Immunologists through our website <https://faitprogram.org>.

☐ Epinephrine autoinjector: Ensure your **epinephrine autoinjector** is up to date and present for every virtual appointment. If you require a prescription renewal, please ensure this is done through your family physician before your first appointment.

☐ Optional to help reduce itchiness associated with OIT doses: non-drowsy antihistamine (e.g., Reactine). Please do not use Benadryl. The recommendation for dosing children under the age of 2 years old with non-drowsy antihistamine is to give half of the smallest indicated dosage on the bottle. This is typically 2.5mL.

Specific IgE blood testing:

- Measuring sIgE prior to OIT initiation and at regular intervals during OIT will give us an idea of the body's response to the treatment.
- Prior to OIT, sIgE should be sent for the relevant foods (within 6 months prior to starting OIT).
- During OIT, sIgE should be sent every 1 or 2 years.

Information for parents on how to buy syringes:

- Syringes (without needles) will be required for the preparation and administration of food solutions
- For recipes with more precise volumes (i.e. 0.1-0.4 mL or 0.6-0.9 mL), 1 mL syringes are recommended to measure out smaller volumes since they have 0.1 mL increments marked on the side of the syringe
- For recipes with less precise volumes (i.e. 0.5 or 1 mL increments), larger syringes (i.e. 5mL, 10mL or greater) with 1mL increments marked on the side of the syringe may be used to draw up solutions. Additionally, graduated cylinders, or standardized kitchen measuring spoons (1 teaspoon = 5 mL, 1 tablespoon = 15 mL) may be used to measure out larger volumes of water for use in recipes involving powders.
- Common examples of syringes include: BD Eclipse 1 mL/3mL/5mL Oral Syringes and Terumo 1 mL Oral Tuberculin Syringes. They can be purchased online (e.g. Amazon) or at local pharmacies (please call them to see if they have them in stock).
- To prevent food borne illness: after drawing up food solutions it may be feasible to re-use syringes if they are cleaned properly in a hot water-soap bath with removal of the plunger, and dried overnight.
- Syringes that are not cleaned should be discarded within 4 hours after drawing up food solutions to prevent bacterial growth
- Syringes that are used exclusively for drawing up water can be washed and reused, as long as the mL increments are still visible on the side of the syringe

Information for parents on freezing non-dairy milks:

- If your recipe calls for more expensive milks with a limited storage life (e.g. Elmhurst Milks), it is possible to freeze the milk in an ice-cube tray and then thaw individual frozen ice-cubes for daily use
- Before pouring the milk into a clean ice-cube tray, the container of milk must be shaken vigorously to ensure that the milk solution is very well mixed and the protein is evenly distributed (there should be no large solid chunks in the milk)
- Once the milk ice-cubes are completely frozen, it is recommended that you pop the ice-cubes out of the ice-cube tray into a sealable Ziploc freezer bag to keep the ice-cubes fresh and to limit contamination from other foods in the freezer
- To thaw milks, the ice-cube should be left to melt at room temperature (for less than 4 hours), or overnight in the fridge. Frozen milks should not be thawed using the microwave
- Once the milk is thawed, you should stir it well to ensure that sediment does not settle at the bottom.
- Once the milk is thawed and used for the daily volume, any remaining thawed milk should be discarded. It should not be re-used the following day or re-frozen.

Information for parents on buying scales for weighing powders:

- If OIT recipe requires the use of food powders, purchase a digital scale with the ability to measure to at least 0.01g (the greater precision of a 0.01g scale is important for lower weights).
- Scales in the \$20-30 price range are sufficient. They can often be ordered online (e.g. Amazon).

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- Calibration of the scale before first use can be challenging without a standard calibration weight (typically a piece of steel). Therefore, please purchase a scale which comes with a calibration weight (see the photo on page 1 for what the calibration weight looks like).
- When using the scale to measure out powders, it is recommended that you first place a piece of paper (or paper muffin tin liner) on the scale and press the button for 'zero' or 'tare'. This will take into account the weight of the paper. The digital screen should indicate a weight of 0.0g (with the paper on the scale) before you dispense the powder onto the paper on the scale
- If the scale is being used to measure out semi-liquids (e.g. mustard), it is recommended that you first place a small, lightweight measuring cup or spoon on the scale, press the button for 'zero' or 'tare' (the digital screen should indicate a weight of 0.0g), then add the semi-liquid to the cup/spoon.
- Once you have weighed out the appropriate amount of powder, add the indicated amount of water to a small mixing bowl. Add the powder to water and mix with a fork until the powder has completely dissolved and there are no visible chunks. There is no set mixing time required.
- For some powders, it is natural for a sediment (undissolved powder build-up) to occur at the bottom of the container after mixing with water. This occurs due to some of the powders having a higher fiber content. There is no harm in consuming the sediment. It is recommended that you draw up the required volume from the liquid portion of the mixture right after a thorough mixing so that the components are equally distributed.
- Especially in the first few months of OIT, parents should prepare powder mixtures away from the patient, to avoid accidental inhalation of powder while weighing.
- If your recipe calls for weighing out powders without any water listed, no mixing is required and the product can be consumed as is.
- Please test out your scale before your first OIT visit, to ensure that it works.

OIT daily instructions:

1. Taking Reactine 10mg (liquid or tablet) 1 hour before daily dose during build-up and possibly longer (e.g. 3-6 months) is a suggested option for minimizing mild side effects, but this is entirely optional.
2. If child's lips are chapped or there is eczema on the lips, please practice good lip care to avoid the food getting absorbed quickly through cracked lips. Apply petroleum jelly before and after each dose. If your child has eczema on their lips, consider treating with something like hydrocortisone.
3. Ensure your child has had a snack before the dose.
4. Using a 1mL syringe, administer the dose into the mouth and swallow.
5. Repeat with remaining food allergens.
6. Avoid exercise for 2 hours after the dose, and follow any other instructions your doctor gives you.