

Oral Immunotherapy

*Helping to Slowly Decrease Sensitivity
to Food Allergies*



Allina Health

Your OIT allergist:

Phone number:

Clinic name and address:

Note: The word “you” in this booklet can apply to either you or your child.

Section 1: Oral Immunotherapy

Oral immunotherapy (known as OIT) works by helping you slowly decrease sensitivity to food allergens over time.

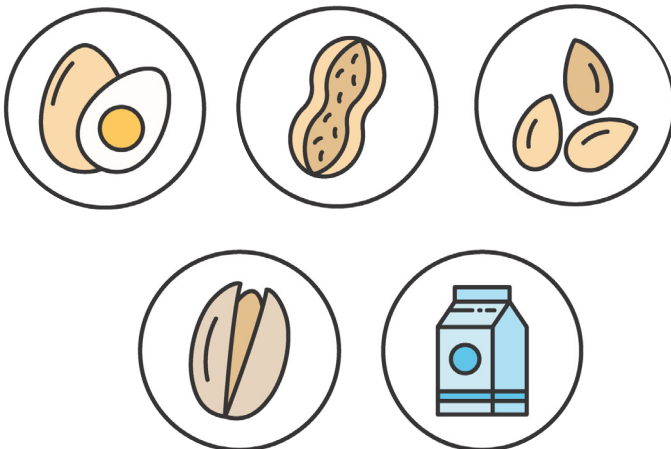
It can help make your reaction to accidental exposure to the food allergen less severe. It is not a cure for food allergies.

OIT is done with an allergist (specially-trained doctor) in a clinic or other health care setting. The process is done over a period of years.

Food allergies

A food allergy is your body's reaction when you eat a certain food such as milk, egg, wheat or nuts. Your immune system overreacts to a food protein and makes an antibody called immunoglobulin E (IgE).

When you eat that food, the IgE antibodies recognize it and launch an immune response. This can cause a severe allergic reaction.



The food allergens available include — but are not limited to — eggs, peanuts, sesame, tree nuts and milk.

How it works

OIT works by:

- desensitizing the IgE antibody that causes your immune system to react
- increasing the immunoglobulin G (IgG) antibody that decreases the chance of a severe reaction.



OIT will not cure a food allergy nor will it mean that you will be able to eat foods that cause allergy symptoms.

Available OIT allergens include, but are not limited to, peanut, tree nuts, milk, eggs and sesame.

Example of how OIT works

If you have a peanut allergy and accidentally come into contact with peanuts, it could cause an anaphylactic (a serious, life-threatening) reaction.

With OIT, you eat a very small amount of peanut protein that would not trigger a reaction. This small amount is slowly increased over a period of time. In general, this is 12 to 18 months but it could be longer.

When you reach what is known as the “maintenance dose,” you are less likely to have a life-threatening reaction if you were to eat a small amount of peanut.

What happens during the 3 phases of OIT

- 1. First OIT appointment.** The first phase of the process takes place in a clinic. Plan to be there for about 6 hours.
 - You receive small doses of the food allergen at timed intervals.
 - A member of the health care team will watch for signs and symptoms of a reaction.
 - If you can tolerate the first part of the process without a reaction, you can move to the second step.
- 2. Up-dosing.** The second phase of the process takes place in a clinic and at home. Plan to be at the clinic for about 90 minutes for the up-dosing clinic visit. This part of the process typically lasts 12 to 18 months but it could be longer.
 - You will take consistent, precise amounts of the food allergen every day at home as directed.
 - The dose will slowly be increased every couple of weeks at the clinic by your provider.
 - You will be stay at clinic for 1 hour after your up-dose appointment. A member of the health care team will make sure you don't have signs or symptoms of a reaction before you go home.
 - After you finish your up-dosing, your provider will talk with you about moving to the maintenance phase.
- 3. Maintenance.** The third phase of the process takes place at your home. It has no end date.
 - You take a dose every day as directed.
 - The final phase continues over time to help maintain a decreased sensitivity to the food allergen.
 - You will follow up with your allergist every 6 to 12 months.

Safety, risks and side effects

Safety

- The first OIT appointment and the second up-dosing phases happen in a clinic with trained health care staff.
- You will stay at the clinic for 1 hour after your up-dosing. A member of the health care team will make sure you don't have signs or symptoms of a reaction before you go home.

If you have a reaction during any phase, a member of the health care team will treat you right away.

Risks

- OIT may cause anaphylaxis (severe allergic reactions) that may be life-threatening.
- You will need to bring your epinephrine injector to each visit in case of reaction after leaving the clinic.
- You will need to return to the clinic if you have trouble tolerating the home doses.

Side effects

- Mild reactions during the first two phases may include:
 - itching of the throat and mouth
 - stomach pain
 - nausea (feeling like throwing up)
 - vomiting (throwing up)
 - reflux
 - gas.

Tell a member of your health care team if you have any of these symptoms.

- Severe reactions during the first two phases may include:
 - trouble breathing
 - coughing or wheezing
 - swelling in the lips, tongue or face
 - full-body flushing (hot and red all over)
 - hives or itching
 - vomiting (suddenly and often)
 - diarrhea.

See page 12 for what to do if you have a severe reaction.


Deciding if OIT is right for you

Your allergist will perform and review blood test and skin test results and review your previous reaction history to confirm if you may benefit from OIT.

In general, OIT may be right if you:

- have severe, life-threatening reactions to food allergens
- have trouble avoiding the allergen
- can't fully participate in school, family or social activities because of the risk of coming in contact with the allergen
- can go to the clinic for regular OIT appointments and take consistent, precise amounts of the food allergen every day at home as directed.

Talk with your health care provider if you are pregnant, trying to get pregnant, or thinking about getting pregnant.



In general, OIT may not be right if you:

- have asthma that is not under control
- have a gastrointestinal tract disease such as eosinophilic esophagitis, celiac disease or food intolerances
- can't go the clinic or don't think you can follow the home dosing directions.

You will still need to carry an epinephrine injector and avoid eating the food that causes the allergy (except for the OIT doses).

Section 2: First OIT Appointment

General information

- Control any non-food (environmental) allergies you have.
- Do not make any changes to your medicines before your first OIT visit. Keep taking antihistamines, allergy shots, steroid inhalers or your regular medicines.
- Tell your OIT allergist if you are taking a beta-blocker.
- Reschedule the clinic visit if you do not feel well, are sick or if you have a fever.

Before your first visit

The clinic visit will last up to 6 hours.

- Eat a small meal before arriving at the clinic.
Do not come to the visit overfull.
- Bring these items with you to the clinic:
 - epinephrine injector
 - inhaler (if you have asthma)
 - food, snacks and beverages items you were able to tolerate in the past
 - items to keep you busy while you wait.

During your first visit

- Doses of the allergen will be given in timed intervals by trained staff.
- The doses will be increased over several hours.
- Members of the health care team will closely watch you to make sure all of the doses are tolerated.
- Doses will stop when:
 - the highest dosage is reached
 - or
 - there is any sign or symptom that you react to the allergen.
- There will be a 1-hour wait period after the last dose to watch for a delayed reaction.

Section 3: Up-dosing

General information

- Up-dosing typically lasts 12 to 18 months but it could be longer.
- You will take consistent, precise amounts of the food allergen every day at home as directed by your provider until you reach the maintenance phase.
- You will receive the food allergen in a liquid form and transition into a solid form of the food allergen at some point during the up-dosing phase.
- You will need to come back to your allergist's office every couple of weeks to receive the next up-dose.
- You will stay in the clinic for 1 hour after your up-dose appointment. A member of the health care team will make sure you don't have signs or symptoms of a reaction before you go home.
- You should avoid high physical activity such as any exercise that would raise your resting heart rate for 1 hour after leaving the clinic.

At-home dosing

- Keep the solution in the refrigerator.
- Avoid exercise and stay calm for 30 minutes before your dose. Don't take a hot shower.
- Take your dose on a full stomach.
- Shake or stir the solution before measuring each dose.
- Only use the measured syringe you received from your OIT allergist for liquid dosing.
- Take your prescribed dose (liquid or solid) as directed.
- After each dose, rinse your mouth and drink a few gulps of water to make sure the allergen does not linger in the mouth and throat.
- Keep track of when you take each dose and any side effects you have.
- Try to take your dose at the same time each day. (You do have a 3-hour window around the dose time.
 - For example, if you take your dose at 6 p.m. today, take it between 3 and 9 p.m. tomorrow.
- **Do not sleep for 1 hour after the dose.** Have a responsible adult stay with you.
- Avoid exercise and stay calm for 2 hours after your dose.
- Don't take a hot shower 2 hours after your dose or if you are having signs or symptoms of a reaction.
- Wash the oral syringe with soap and water after each dose. Let it air dry.

When to stop taking your at-home dose

Contact your OIT allergist if you aren't sure about dosing or if you have any reactions (mild or severe).

Do not take your at-home dose and contact your OIT allergist:

- if you are sick or have a fever (This includes vomiting, having a rash or hives or having a sore throat.)
- if you have any type of reaction
- on the day of your up-dosing clinic visit
- if the solution smells or tastes different or if you think the solution has spoiled
- if you missed 1 or more doses in a row
- if the syringe breaks
- you do not want to continue OIT.

What to do if you have a reaction at home

If you have a severe reaction or anaphylaxis:

- follow your Emergency Action Plan right away
- **do not wait to contact your OIT allergist before giving epinephrine and calling 911.**

Report all side effects — including those that are mild or not life-threatening — to your OIT allergist right away.







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