

MANAGING FOOD PROTEIN-INDUCED ALLERGIC PROCTOCOLITIS (FPIAP)

What is FPIAP?

FPIAP is a common cause of blood-streaked stool in otherwise well-appearing infants, and typically begins within the first few months of life. It is characterized by an immune response that results from maternal ingestion of the food allergen. These food allergens may cause inflammation in your baby's developing gastrointestinal (GI) tract, resulting in blood and mucous in baby's stool.

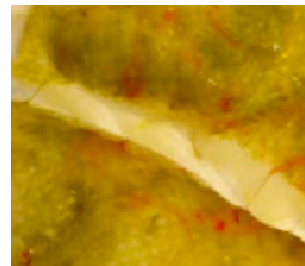
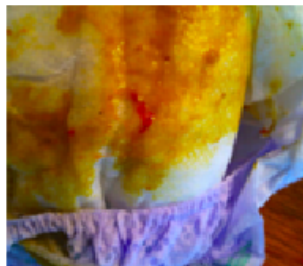
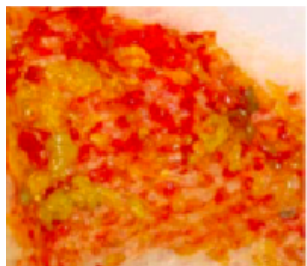
Treatment includes elimination of the offending food from the breast/chestfeeding parent's diet, which usually results in gradual resolution of symptoms in the infant and allows for the continuation of breast/chestfeeding.

Dietary triggers:

Up to 60% of cases occur in breast/chestfed babies, but it can also occur in babies fed milk and soy formula. Cow's milk protein has been shown to cause up to 70% of cases, egg 16%, soy 6%, corn 2% and 8% not identified. Some children react to more than one of these foods.

Children that do not respond to this diet often do not respond to further dietary restriction. Cutting more foods out of your diet can be extremely difficult for parents. Sometimes the safest and most manageable option is to switch to formula. About 90% of patients tolerate soy formula, and 98% tolerate extensively hydrolyzed cow's milk formula. Amino acid formula can be used for babies that still have symptoms.

What does FPIAP look like? Blood and/or mucous in the diaper:



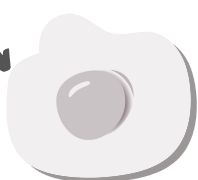
Food elimination strategy for parents of breast/chest fed infants:



#1

Elimination of Dairy x 5 days

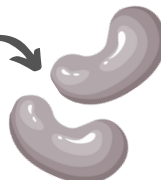
If blood is still present in stool after 5 days



#2

Elimination of Egg x 5 days

If blood is still present in stool after 5 days



#3

Elimination of Soy x 5 days

If blood is still present in stool after 5 days



#4

Elimination of Corn x 5 days

Once no blood/mucous is present (may take up to one month to resolve), **add back food in large portions at each meal** to assess which one is causing the problem. Expect symptoms within 5 days if the food is the trigger. Start with:



#1

Introduction of Corn x 5 days

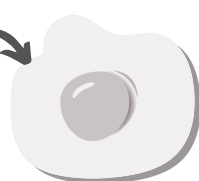
If no blood present in stool after 5 days, keep in diet and go to step 2



#2

Introduction of Soy x 5 days

If no blood present in stool after 5 days, keep in diet and go to step 3



#3

Introduction of Egg x 5 days

If no blood present in stool after 5 days, keep in diet and go to step 4



#4

Introduction of Dairy x 5 days

If blood in stool restarts after adding back one of the offending foods, this is the food to be avoided for the next 6-9 months. If blood in stool continues, a hypoallergenic infant formula may be needed.

FREQUENTLY ASKED QUESTIONS



Will my child be able to eat the food that caused them to have FPIAP?

Most children (85%) outgrow FPIAP between 6-9 months of age. 95% of children have outgrown it by a year of age. Once your child is 9 months old, retry the food (3 servings per day for 5 days). If the mucous and blood do not return, the disease has resolved and your child should have this food reintroduced into their diet. The long-term prognosis is excellent. They are at no increased risk of any other type of allergic reaction to this food, or allergies to other foods. There are also no increased risk of other diseases such as inflammatory bowel disease in infants with this condition. There is a small risk of anemia if symptoms are severe or are untreated. foods offered to infants should be iron-rich.

What about vitamins for the baby and I?

Continue to take your prenatal vitamin while breast/chestfeeding.

If your baby is exclusively or partially breast/chestfed, then he/she should receive a daily vitamin D supplement of 400IU. Supplementation should begin at birth and continue for up to 24 months for children who are still receiving breast/chestmilk. Iron supplements are not needed by breast/chestfed infants or those who are fed an iron-fortified formula from birth.



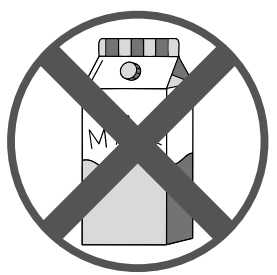
My baby isn't sleeping well. Is it a food allergy?

The main cause of sleep issues in children at this age is colic and teething. Occasionally children with food protein-induced proctocolitis have improved sleep with colic symptoms when their "trigger food" is eliminated.

When can I start solids?

Infants are developmentally ready for solids when they:

- ➔ are close to 6 months of age, when birth weight has doubled
- ➔ can sit by themselves, alone or with support
- ➔ can watch a spoon and open their mouth when they see it coming
- ➔ turn their head away when they do not want something
- ➔ close lips over a spoon and keep at least some of the food in their mouth, and not pushing it right back out



Dairy elimination helped, but things suddenly got bad again. Why?

Reoccurrence is likely due to "hidden" allergens in your diet. Look for all sources of the trigger foods. In unsure, talk to your Registered Dietitian or allergist and they can help guide you with your elimination diet.