



# OIT

## Oral Immunotherapy

California – Fremont, Oakland, Redwood City · Idaho – Eagle · Oregon – Beaverton, Clackamas, Gresham, McMinnville, Newberg, Tigard · Washington – Bellevue, Fisher's Landing, Longview, Salmon Creek

## What is OIT?

Oral immunotherapy, OIT, is a desensitization treatment used to manage anaphylactic allergies to most foods. OIT starts with the patient eating a microscopic amount of the food in the office, and gradually increases the amount of food each visit. After each visit, you will be given instructions for a safe dose to eat every day until your next appointment.

### First Visit - Your OIT Consult

The first visit to our clinic will consist of a consult with one of our OIT providers to evaluate if you or your child is a candidate for this treatment. To make the most of this first visit, please bring past laboratory and skin testing results, a typed history of past allergic reactions, and all past relevant medical records. The provider will review this information and decide if further allergy testing is required before proceeding with OIT.

All other medical history will be discussed and reviewed at this appointment. Topics such as asthma and environmental allergies will be highlighted since it is recommended to have both under control prior to starting OIT.

## OIT Protocol

The protocol used for OIT treatment is Dr. Jain's standard OIT protocol and may be adjusted during clinic visits as necessary for patient safety. Each patient is unique, and a treatment course may take anywhere from 3 months to 1 year, or beyond, to complete. Dose escalation appointments are usually scheduled weekly or every other week for a duration of 3-4 hours each.

Once reaching the maintenance dose, the patient is required to consume this dose either daily or twice daily for an undetermined period.

### Prepare for Your First Day of OIT

- Get a good night of sleep and have a good breakfast and lunch!
- If there is a new onset of illness within 5 days of the first OIT appointment, please call the office as soon as possible.
- Do not change any medication or food regimens for 2 weeks prior to the first visit.
- Make a list of questions for your medical team to answer before you get started.
- Purchase a scale that can measure out to 3 decimal places (i.e. 0.000) to weigh out home doses. You can ask your clinical staff for recommendations.

## What to Bring to Your OIT Appointment?

### Food

We recommend you bring 2 types of food to consume the OIT doses with. Examples include applesauce, pudding, yogurt, juice, or other food tolerated well at home. In one visit, you will typically need 1-2 snack-sized applesauce cups or the equivalent to this. Bring a liquid beverage to rinse the mouth and wash down the doses.

Please avoid bringing any snacks containing the following common allergens (peanut, tree nut, egg, milk, soy, fish, and shellfish) to prevent unnecessary exposure to our other OIT patients in the office. Avoid bringing any snacks that are messy or create crumbs.

### Medications

Bring to EVERY appointment so that you are prepared should a delayed reaction occur once you leave our office:

- **Epinephrine auto-injectors**
- H1 antihistamine of choice (i.e. Zyrtec, Allegra, Claritin)
- H2 antihistamine of choice (i.e. famotidine)
- Asthma rescue inhaler with spacer, and montelukast if prescribed
- Peak Flow meter (you may be provided one)

### Doses

Bring your normal dose and plan to take it as soon as you are placed in a room.

*\*We also recommend bringing entertainment for the long visit.*

### Dosing Guidelines

- Most doses are taken daily, 24 hours apart +/- 2 hours.
- If you are instructed to take doses twice a day, plan to take them 12 hours apart +/- 2 hours.
- Immediately after dosing, swish and swallow with liquid at least twice. There should be no dose residue left in the mouth.
- Each dose should take no longer than 10 minutes to consume.
- Take doses with a snack or meal, as they should not be taken on an empty stomach.

### Important Contact Information

Do not hesitate to reach out to us with your questions! During office hours, call your location to speak with the medical staff for any questions you may have.

For an after-hours urgent need (non-emergency), please call the office number and select the option for “After-Hours”. This call will be directed to one of our staff members.

### OIT Clinic Locations and Hours

Visit our website at [www.columbiaallergy.com](http://www.columbiaallergy.com) to find your nearest clinic offering OIT and clinic hours.