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## ALLERGY & ASTHMA DIAGNOSTIC OFFICE

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### **Oral Food Immunotherapy Interest letter**

Welcome! Thank you for showing an interest in our Oral Food Immunotherapy program. We are excited to now be offering this program in our office. We ask that you review the attached documents in its entirety.

**Upon return of the signed "Oral Immunotherapy Financial Policy", someone from our office will be in contact with you to schedule an "Oral Food Immunotherapy Consult Appointment".** (This document can be downloaded from our website [www.allergyaway.com](http://www.allergyaway.com) under Forms- OIT oral immunotherapy program). After this appointment has been scheduled, already established patients will be mailed a lab slip to check IgE levels of the allergic food and we ask that labs be drawn at least 1 week prior to this visit. This visit will be primarily to DISCUSS the Oral Food Immunotherapy program, update skin testing and review lab results. The provider will outline the goal of the treatment program and address any questions you may have. All patients must be off antihistamines and multi vitamins for 7 days prior to this appointment in case skin testing is deemed necessary by your healthcare provider. All patients will be required to perform a breathing test at this visit as well.

Any out of pocket costs/ deductibles are required to be paid up front. Please be advised, due to limited availability and high demand for appointments, NO-SHOWS may result in dismissal from the program. Also, safety is our number one goal and if non-compliance is noted, this will result in an automatic dismissal from the program and you will not have the opportunity to restart in the future.

After your "Oral Food Immunotherapy Consult" has been completed and a provider has determined that you qualify for this program, an appointment will be scheduled for your first day of treatment which is called a "Rapid Desensitization." The patient will receive small, gradually increasing doses of the allergic food over a course of 5-6 hours. Prior to treatment, you will meet with a provider to do an exam in one of our patient rooms and then will be brought to our Rapid Desensitization common area. Your first visit may be scheduled the same day as another patient that will be starting Oral Immunotherapy, which means, the Rapid Desensitization area will be shared. It has been shown that this helps relieve anxiety for patients, especially children, when there is someone else participating in the same process. We ask that it is limited to only 1 person accompanying the patient during this visit to prevent overcrowding. Additional guests are welcome to wait in our main waiting room. The patient and parent/ guardian are required to remain in our office for the entire 5-6 hours and are encouraged to eat and drink, so please plan accordingly. We ask that you bring snacks, bagged lunch, something to drink and activities to do! Public Wi-Fi access will be provided as well.

After you have completed Day 1 Rapid Desensitization, you will then be given a jar with diluted allergenic food and continue the prescribed dose at home once daily. You will be expected to come every 1-2 weeks to have an escalation dose given in the office. Patient will be responsible for purchasing "whole foods", once that part of the program is achieved. Patients may decide to go longer in between dose increases if they choose or if the provider believes the patient will do better at longer intervals. We will do our best to accommodate your schedule but please note these **appointments are very limited**. You will be monitored for 45 minutes after receiving an escalation dose and must remain in the office. The treatment plan will be individualized to the patient's needs but the escalation process can be achieved in 6-8 months. Many patients will take longer due to illnesses or other issues. If the patient takes longer to complete the OIT program, this does not mean they will not be successful!

We encourage you to ask any questions you may have so that you feel confident with the process taking place. We ask that you please bring a list of questions and concerns with you when coming for the "OIT Initial Visit Consult" so they can be addressed with the provider. We look forward to having you/your child in our OIT program!

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