

# Food OIT Preparation

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# Frequently Asked Questions From Beginners

- **Once solution is mixed, how long is it good?**
  - Milk and egg are good for 2 weeks providing the food does not expire during that time period.
  - Nuts and other foods can keep up to 4 weeks refrigerated.
  - Patient syringes should be rinsed between dosing so the solutions are not contaminated.
- **How do you get the nut meals to mix in solution?**
  - Use a mortar and pestle for most of the nut meals to break down the hull.
  - Peanut and cashew flours do not need to be ground.
  - You can also use a dedicated coffee grinder for each nut.
  - Elmhurst milks (not peanut) can also be used instead of the nut meals.

# Frequently Asked Questions From Beginners

- **How many bottles and syringes does each patient use?**
  - Each patient is charged a supply fee that includes 3 bottles per food, unlimited syringes and a weigh scale.
  - The supply fee accounts for the supplies as well as staff mixing time to prepare solutions.
  - Each patient is instructed to return their clean bottle at each up dose appointment.
  - A new bottle is prepared with solution. A spare bottle is kept on hand if needed.
  - A plastic bin is labeled with a patient name and supplies are stored in the bin for the duration of the solution phase of dosing. Bins can then be recycled for other patients.
- **How do you store your foods for OIT?**
  - Nut meals are stored in the freezer in their original packaging.
  - Frequently used foods such as peanut flour are kept in plastic containers in the cabinet and refilled every 3 months from the stock in the freezer.

# Color Coding Solutions/Capsules

- **To recognize solutions stored in the refrigerator and to enhance taste, solutions are color coded using Kool-Aid.**
  - E.G., peanut solution is flavored with grape Kool-Aid while cashew is mixed with green apple. The colors are easily identifiable with the OIT solutions for various nuts. This approach enhances dosing safety.
- **Why use Kool-Aid?**
  - Kool-Aid is inexpensive, nonallergenic and has a longer expiration date than juice. Liquid foods can be prepared with no additives, especially milk.
- Prepared solution bottles are labeled with the patient name, food, and dose and are dispensed in a plastic bag with a syringe.
- Patients are encouraged to bring other foods or drinks to flavor their dose.
- Capsules can be compounded from a local pharmacy for foods using a powder or meal.

# Low Dose Materials

The day 1 build up day includes the prepared solution mixed and dispensed per protocol.

Supplies used for mixing solution include:

- Liquid measuring cup
- Distilled water
- 30ml Syringe
- Gram Scale
- Medicine dosing cups
- Kool-Aid
- Mortar and Pestle
- Labels

# Higher Dose Materials

As the schedule progresses from solution to food fragments, a 0.01g scale is used to weigh the food.

- A dosing schedule can be created to exclude solutions if desired.
- Patients are instructed to dose at home with the same food used at the office until their next visit.
- Changes in doses at home are discouraged to prevent calculation errors.
- A handout with an approved list of OIT foods is helpful for patients.
- Once OIT escalation has been completed, patients are given a maintenance handout that contains all dosing options and equivalents.

# Suggestions for Masking OIT Foods

- Choosing different methods of eating the dose may make the dose more palatable such as whole, crushed, powder or liquid.
- Some kids prefer savory over sweet.
- Chocolate can enhance a nut flavor, while mint and citrus mask the flavor.
- Cinnamon and peppermint can add spiciness to cover up the flavor.
- Foods with strong flavors such as tomato, coffee or cheese can also mask flavors.
- Take the amount of the dose in consideration. The use the equivalent in flour instead of the whole nut.
- Frozen nuts have less flavor.
- Cold or frozen treats can also help mask the flavor.

# Dosing Alternatives

- Stir the dose into applesauce, milk free pudding, or yogurt.
- Stir into oatmeal.
- Stir the dose into a strongly flavored juice such as orange or mango.
- Mix the dose into a smoothie with fruit or ice cream.
- Fruits with seeds such as strawberries or raspberries help mask the dose.
- Mix the dose in chocolate syrup, whipped cream or frosting.
- For savory flavors try mixing the dose in ketchup or BBQ sauce and eat with French fries, Tator Tots or chicken.
- Mix the dose in a dip such as salsa, hummus or guacamole and eat with chips.



# Dealing With Taste Aversions

- Mix the smallest amount of the food with the dose so the entire dose is consumed.
- Give the child a say on how they take the dose.
- Have the child participate in preparing their doses.
- Have the child create a recipe or pick the food that is mixed with the dose.
- Trying different methods until something works.
- Switching up the dosing vehicle maybe necessary. Use a variety of foods.
- For young children using the clear food pouches and mix in the dose so they can eat it themselves.