

Long Term Management

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Long Term Protocol

- After reaching maintenance (M), return 2-3 months for high dose challenge; if pass reduce dosing to 6 days/week
- See them annually for invitro +/- invivo testing, repeat high dose challenge, reduce dosing 5 days/week (weekends off?)
- Next year same, go to 4 days (every other day?)
- Next year same, go to 3 days (M – W- F?)
- Next year and beyond, go to 1-2 days a week
- But, lots of flexibility based on reactions, +/- test results

High-Dose Challenge

- Purpose: clinical confirmation that annual dose reduction is still protective
- Method: one hour visit with single dose oral challenge
 - ≤ 2 foods use 3-times home dose
 - > 2 foods use 2-times home dose
- Exceptions:
 - staple foods (milk, egg)
 - any other free-eating cases
 - patients maintaining same dose/frequency