

# OIT Foods

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# FOOD OIT PREPARATION

Frequently asked questions received from practices interested in starting OIT.

- Once solution is mixed, how long is it stable?
  - In our experience, 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.
  - Syringes should be rinsed between dosing so the solutions are not contaminated.
- How do you get the nut meals to mix in suspension?
  - We grind (mortar and pestle) most of the nut meals with the exception of peanut and cashew to break down the hull.
  - You can also use a dedicated coffee grinder for each nut.
  - Elmhurst milks can also be used instead of the nut meals.

# OIT Supplies

How many bottles and syringes does each patient use? Is it charged?

- Supply fee includes
- Three bottles per food
- Unlimited syringes
- Battery operated scale.
- Patients are instructed to return their clean bottle at each updose 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 patient use.

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 a plastic container in the cabinet and refilled every 3 months from the stock in the freezer.

# Color Coding Solutions/capsules

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

# Low Dose and High Dose Supplies

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

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 avoid solutions if desired.
- Patients are instructed to dose at home with the same food dosed 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 equivalent in flour instead of the whole nut.
- Cold or frozen treats can also help mask the flavor. Storing nuts in the freezer decreases the taste.

# 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 help mask the dose such as strawberries or raspberries.
- 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, Tater 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 mixing the dose so they can eat it themselves.