



Section of Allergy and Clinical Immunology
DARTMOUTH-HITCHCOCK MEDICAL CENTER

Food OIT with Spoon Sheets

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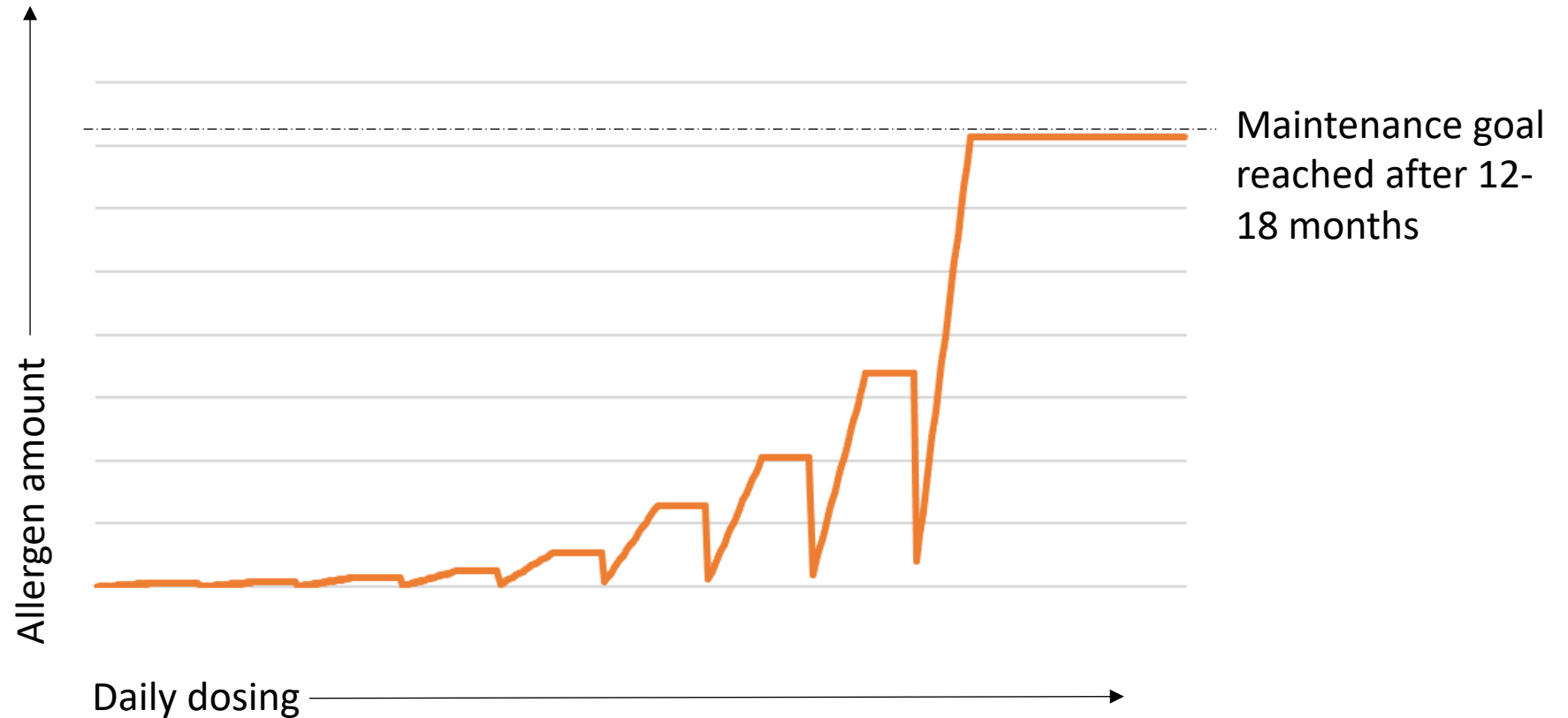
Tiny Steps or Big Steps?

IMPORTANCE OF
SMALL STEPS



Spoon Sheets

- Steps must be very small
 - Less than 1 mg or 10% of the daily dose
- Tiny steps every day may pose no greater risk than larger steps administered every two weeks



Spoon Sheets

- Spoon sheets may be an option for some patients
- Only for professional use & only as part of a food oral immunotherapy program
- Should not be used outside of a clinical protocol under allergist supervision
- Allergen ingestion may result in life-threatening anaphylaxis, so spoon sheets should only be used by the intended recipient and allergist with requisite expertise
- Spoon sheets should not be distributed for use without allergist supervision
- Spoon sheets do not provide medical advice. No material on spoon sheets is intended to be a substitute for professional medical advice, diagnosis, or treatment
- Sheets should only be used under the direction of a medical provider with expertise in management of food allergy and anaphylaxis