

Maintenance Protocols – the case for a rigid framework

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Historical perspective

- Started OIT in 2013
 - Philosophically – **zero tolerance for adverse effects**
 - Volume of food/calories caused significant weight gain
 - Daily dosing long term for most foods not sustainable for our cohort
 - Teenagers
 - Adults

Rigid Tapering of Dose Intervals

- After >3 months of maintenance daily
 - Check sIgE and components, total IgE
 - Ratio of sIgE/total IgE drops by more than 20%
 - Schedule high dose challenge. If they pass, then reduce to three times a week. (MWF, TThSa patients can choose)
 - Continue with dosing rules
 - They can eat more if they want

Rigid Tapering of Dose Intervals

- After one year of three times a week dosing
 - Check annual labs
 - Ratio of sIgE/Total IgE drops more 20% from previous
 - They go down to twice a week (M/Th, T, F)
 - Same rules for dosing apply
 - Goal is once a week dosing so if they are at camp, college, or have simply moved out there is a sustainable way to dose with parental/spouse/friend/remote supervision.

Thank You