

A nighttime photograph of a city skyline, likely Chicago, with various skyscrapers illuminated in different colors like green, blue, and yellow. The lights are reflected in a body of water in the foreground, creating a blurred, artistic effect. A bridge with streetlights is visible on the right side of the image.

FOOD PREPARATION FOR OIT/SLIT

OIT and SLIT Supplies

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

Supplies used for mixing solution can include:

- ▶ Liquid measuring cup
- ▶ Distilled water
- ▶ 30ml Syringe
- ▶ Gram Scale
- ▶ Medicine dosing cups
- ▶ Kool-Aid
- ▶ Extracts
- ▶ Labels
- ▶ 50% Glycerin for SLIT solution
- ▶ Orifice reducers
- ▶ Bottles and syringes provided for home dosing.
- ▶ Microspoons
- ▶ OIT or SLIT binder with FAQ's, illness and dental instructions, and OIT approved food list.

FOOD OIT/SLIT PREPARATION

▶ **Once solution is mixed, how long is it good?**

▶ In our experience milk and egg are good for 2-3 weeks providing the food does not expire during that period of time. Whole organic milk is used for its longer expiration dates. Egg white liquid is good up to 4 weeks after opening but not past the expiration date. Other solutions such as sesame and wheat are good for 3- 4 weeks refrigerated. Elmhurst milks are good for 3-4 weeks once opened. Patient syringes should be rinsed between dosings so the solutions are not contaminated.

▶ **Food Storage**

▶ A dedicated refrigerator should be used to store foods used for OIT or challenges. Nuts, meals and seeds can be stored in the freezer to prolong freshness. Elmhurst milks can be frozen into ice cube trays and stored in the freezer and thawed in the refrigerator when ready to use.

How many bottles and syringes does each patient use?

Each patient is 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.

Bins can then be recycled for other patient use.

Charging additional food fees

Each patient is charged a program fee. These fees cannot be billed to insurance and will be out-of-pocket. The program fee covers concierge services which include food sourcing, communication with office staff and providers, and after-hours care. SLIT solution can be mixed and supplied every 6 months for a fee.

Supply setup/preparation station



Designated refrigerator for OIT Foods



Designated Observation Room



Alternatives to Mixing Solutions

- ▶ Mighty Me Mixed nut butter puffs for tree nut and peanut, no solutions needed.
- ▶ Elmhurst Milks for almond, cashew, hazelnut, walnut required 2 dilutions each and end on a dose of milk requiring no solutions for home dosing.
- ▶ Powders, flours and meals using micro spoons.
- ▶ Egg, wheat, and sesame solutions are being mixed and switched once they achieve 10 mg of protein.
- ▶ Patients are encouraged to bring other foods or drinks to mix their dose in.
- ▶ Mighty Me Mixed nut butter puffs can be used for maintenance in multi-nut SLIT patients.

Approved OIT Food List

- ▶ **Egg:**
Any liquid egg white with protein content of 5g per 3 TBSP = 1 egg.
- ▶ **Milk:**
Horizon Organic Whole Milk – any brand whole milk with 8g protein per 1 cup serving. Fairlife Whole Milk
- ▶ **Sesame:**
Unhulled raw white sesame seeds, Pepperwood Organic Stone-Ground Whole Sesame Tahini, Kevala Organic Whole Sesame Flour
- ▶ **Wheat:**
Anthony's Vital Wheat Gluten flour
- ▶ **Peanut: Tree Nut Allergic:**
Peanuts roasted in the shell and salted, America's Best Nut Co (Bee Line or Sea Salt) Peanut Butter and Co flavored peanut butter (cannot use cinnamon raisin), TruNut powdered peanut butter (6g of protein per serving), PB2 powdered peanut butter, Nut-Life reduced flavored peanut capsules. Bamba peanut butter puffs (contains soy and wheat) ,Trader Joe's Bamba peanut butter puffs – stay on one brand for entire escalation
- ▶ **Peanut: Not Tree Nut Allergic:**
All products listed above, Mighty Me peanut puffs, PB2, Peanut M&MS (not peanut butter M&Ms). Grow Happy nut butters

Approved OIT Food List

(continued)

- **Cashew:**

Arisana cashew butter, Any brand roasted cashews (not tree nut/peanut allergic), Elmhurst Cashew Milk, Cashew Flour – nuts.com (Packaged in same facility as peanut/tree nut/soy/milk)

- **Hazelnut:**

Fastachi Roasted Hazelnut butter, Elmhurst Unsweetened Hazelnut milk, Holmquist Hazelnut Orchards (dry roasted) (tree nut/peanut allergic), Any brand roasted hazelnuts (not tree nut /peanut allergic)

- **Walnut:**

Fastachi Walnut Butter, Crazy Go Nuts walnut butter, Elmhurst Walnut milk, Trader Joe's walnut pieces (tree nut/peanut allergic), Any brand of walnut (not tree nut/peanut allergic), Walnut meal – nuts.com (Packaged in same facility as peanut/tree nut/wheat/soy/milk)

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.

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.
- ▶ Nut-Life reduced peanut capsules.
- ▶ Mixing nuts with butters, flours and nut milks to make a smoothie or a candy treat.

Peanut Oral Immunotherapy – Day 1

Consent signed _____

Ht _____ Wt(kg) _____ PF _____ PFPB _____ HR _____ RR _____ BP _____ TEMP _____

Epinephrine dose(0.01ml/kg) _____ Benadryl dose(0.15mg/kg) _____

Peanut solution is to be given every 15-20 minutes.

Reaction: Hives _____ Flushing _____ Other (complete reaction form) _____

Concentration	Dose	Patient Status – OK	Time Administered
2.5 µg/ml	1 ml		
	1 ml		
	2 ml		
	2 ml		
	4 ml		
	4 ml		
25 µg/ml	1 ml		
	1 ml		
	2 ml		
	2 ml		
	4 ml		
	4 ml		
250 µg/ml	1 ml		
	1 ml		
	2 ml		
	2 ml		
	4 ml		
	4 ml		
2.5 mg/ml	1 ml		
	1 ml		
	2 ml		
	2 ml		
	4 ml		
	4 ml		
One hour post dose	6 ml		
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Peanut Oral Immunotherapy – Day 1

Consent signed_____

Ht_____Wt(kg)_____PF_____PFPB_____HR_____RR_____BP_____TEMP_____

Epinephrine dose(0.01ml/kg)_____ Benadryl dose(0.15mg/kg)_____

Multi-Nut puff is to be given every 15-20 minutes.

Reaction: Hives_____ Flushing _____ Other (complete reaction form)_____

Concentration	Dose	Patient Status – OK	Time Administered
Multi-Nut MM puff	1/8 puff		
Multi-Nut MM puff	1/4 puff		
Multi-Nut MM puff	1/2 puff		
One hour post dose	---		

Aaron Donnell, MD

Chicago Family Asthma & Allergy

- Two doctors, one NP
 - Kelly Newhall, MD
 - Alexa Nimmagadda, NP
- Lincoln Park neighborhood just north of downtown Chicago
- Across the street from Weiner Circle and Molly's Cupcakes
- About one mile south of Wrigley Field
- Parking stinks

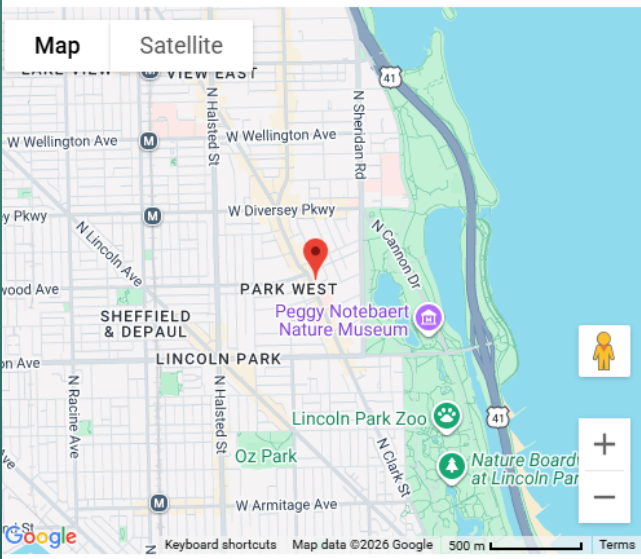


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Chicago Family Asthma & Allergy

Expert allergist care for children and adults

Find Us



Location details

2551 N Clark St, Ste 100
Chicago, IL 60614

The building has two entrances!
We are the south entrance, under the Studio Salons awning

Parking options:

Valet: \$10 Monday-Thursday 9am-5pm, Friday 9am-1pm.

Street parking: metered parking (not always easy to find).

Neighborhood side street parking: free, but a significant challenge to find something.

Lot parking: available for a fee at the 2515 N Clark Lurie Children's Outpatient Center lot (**we do not validate there**).

SLIT and OIT Mixing at CFAA

- ▶ Visit 1 and 2:
 - ▶ **Visit 1:** introduce the concepts, email them our PDF packet of information about Xolair, SLIT, OIT. Usually do testing to confirm if candidate vs. food challenge and follow-up lab results Visit 2
 - ▶ **Visit 2:** discuss results, time dedicate just to therapy questions, tell them we want a signed consent emailed to us, and then we call to schedule
- ▶ Assistant/coordinator:
 - ▶ **Schedule** a patient to start SLIT or OIT, we add them to our spreadsheet
 - ▶ **Mixing** usually one day each week, 1-7 days before updose visits
 - ▶ Check supplies, food expiration weekly
 - ▶ **Google Drive** very helpful for spreadsheet, protocols, mixing instructions, FAQs and info!
- ▶ Supplies and storage/mixing areas similar to Deanna

SLIT and OIT Mixing at CFAA

▶ SLIT Foods

- ▶ Greer diagnostic extract: \$\$\$\$\$\$, easy to dilute, moving more to real food
- ▶ Peanut: PB2 powder, glycerin, cherry Kool-aid ¼ tsp

FIVE DOSE REAL FOOD Peanut SLIT office mix

- Protein per dose based on PB2 powder 0.46 conversion rate protein to flour.
- To make **40 mg/mL** concentration (1:1), mix:
 - 1 gram of PB2 peanut flour in 25 mL of 50% glycerinated saline.
 - Other options, if needed:
 - 500 mg of PB2 peanut flour in 12.5 mL glycerinated saline
 - 200 mg of PB2 peanut flour in 5 mL glycerinated saline.
- To make **4 mg/mL** concentration (1:10)
 - Option 1: mix 3 mL of 40 mg/mL mix with 27 mL of 50% glycerinated saline.
 - Option 2: mix 100 mg PB2 peanut flour in 25 mL glycerinated saline.
- To make **0.4 mg/mL** concentration (1:100)
 - Option 1: mix 1.5 mL of 4 mg/mL mix with 13.5 mL of 50% glycerinated saline.
 - Option 2: mix 10 mg PB2 peanut flour in 25 mL glycerinated saline.
- Maintenance goal with 40 mg/mL = **0.25 mL daily**

SLIT and OIT Mixing at CFAA

▶ SLIT Foods

▶ “Milks”:

- ▶ Elmhurst for cashew, walnut, hazelnut, almond

- ▶ Home use: I recommend use new container every 2-4 weeks, or may freeze and thaw, but runs risk of separating and difficult to homogenize

- ▶ Says expires in one week, usually 2-4 weeks passes smell test. SEAL WELL!

- ▶ Manitoba flaxseed, pea protein milk (ex. Ripple), Lattini sunflower milk

▶ Flours:

- ▶ Kevala sesame flour

- ▶ Bob’s Vital Wheat Gluten flour: mixes fairly well in suspension in glycerin, but may want to convert to finer regular wheat flour if mixing in water long-term to reduce clumping

- ▶ Liquids are easiest: pasteurized liquid egg white and whole milk

- ▶ Top9proteins.com: regulated 4mg/mL droppers of milk, egg, peanut, cashew, walnut, sesame

- ▶ Dissolvable tabs in development

SLIT and OIT Mixing at CFAA

▶ OIT Foods

▶ Cow milk:

- ▶ Liquid: whole milk, Fairlife, Fairlife Core Power, and Fairlife Core Power Elite
- ▶ Powdered nonfat dry milk used rarely for higher doses if not tolerating liquid

▶ Egg white: pasteurized liquid, rarely dried egg white powder

▶ Peanut: low doses flour or Mission Mighty Me; high doses nuts or M&Ms

▶ First day:

<u>PB2 flour solution, mL of 2.5 mg/mL solution</u>	<u>PB2 flour mg (6 gm protein per 2T/13g)</u>	<u>MightyMe Puffs (mg protein)</u>
0.1		
0.2		
0.4		<i><u>Pn/TN mix</u></i>
0.8		1/4 (1.25)
1.6	5 (2.3)	1/2 (2.5)

SLIT and OIT Mixing at CFAA

▶ OIT Foods

- ▶ Sesame: mostly Kevala flour, tahini later (Soom chocolate)
- ▶ Sunflower seed: Lattini milk, SunFlour
- ▶ Tree nuts: Elmhurst milks or Mission MightyMe puffs at low doses, flours/meals or nuts measured on a scale at higher doses
- ▶ Flours hack that worked for me: I found a pharmacy that will measure commercial flours into capsules and deliver to our office (for a price):
 - ▶ Use them like Palforzia, emptied into semisolid food
 - ▶ Day one: 5 mg capsule is last dose of IDE
 - ▶ Add one capsule every updose up to 4 capsules/20 mg
 - ▶ Then two 12.5mg capsules (25mg flour), add one per updose to 50mg
 - ▶ Then 64 mg capsule, increase by one capsule per updose to 256mg
 - ▶ For each flour, I measured equivalents in tsp down to 1/64 tsp if we want to change to measuring out of a bag