

# HOW TO INTRODUCE ALLERGENS

## IgE Allergens

## non-IgE Allergens

### FOODS

Peanuts, Tree Nuts, Fish, Seafood

Milk\*, Eggs\*, Wheat, Soy

### HOW TO INTRODUCE

**Step 1:** Introduce on 3 separate occasions (eg M, W, F)

**Step 2:** Look for symptoms within mins and up to 2 hrs later

**Step 3:** If no symptoms presented after the 3rd ingestion, the risk of allergy is low

**Step 4:** Include minimum twice per week to prevent developing allergy

**Step 1:** Introduce over 3 consecutive days (eg M, T, W)

**Step 2:** Look for symptoms over next 24 - 72 hrs after food

**Step 3:** If no symptoms appear after 72 hours, the risk of allergy is low

**Step 4:** Include minimum twice per week to prevent developing allergy

### SYMPTOMS

- eye swelling
- lip swelling
- anaphylaxis
- hives

- eczema
- diarrhoea
- vomiting
- congestion
- reflux
- constipation

*\*Milk & Eggs are both. Follow the non-IgE pathway.*