

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.*