

## Oral Desensitization Protocol

Week	Dose
0	10 mg
2	20 mg
4	40 mg
6	60 mg
8	80 mg
10	160 mg
12	240 mg
14	300 mg

**Each dose escalation (every ~2-4 weeks) must be performed in clinic under observation.**

### How to Take:

- Take Reactine, Rupall, or Blexten daily during this process to minimize mild reactions.
- For capsules: break open capsule and mix powder into a food your child likes and tolerates i.e. apple sauce, yogurt, etc
- Give the dose at a time when your child can be easily monitored for 60 minutes afterwards.
- **Do not take on an empty stomach.** Take with snack
- It is important to avoid strenuous exercise for 2 hours after dosing.

### Dose Adjustments (i.e. If Sick)

- With a mild cold: No dose adjustment
- With a more significant illness (fever >38.5, asthma flare, vomiting with stomach flu):
  - Hold the dose until symptoms resolve
  - If 1-2 consecutive days missed, resume previous dosing
  - If 3-5 consecutive days missed, give half the dose for the next 2 days, then resume intended dosing
- **If more than 5 consecutive doses are missed, contact our clinic.**

### Missed Dosing

- If a dose is missed, continue with the usual dose the following day, **do not attempt to “make up” for the missed dose.**
- If 3-5 consecutive doses are missed, give half the dose for the next 2 days, then return to the intended dosing after.
- **If more than 5 consecutive doses are missed, contact our clinic.**

NB If require epinephrine for reaction from dose, hold dose until you talk to your allergist. Contact clinic.

