

The Oral Immunotherapy (OIT) Process for Food Allergies

Initial dose escalation day



Day 1

The doctor will give your child the first small doses of the food allergen over a few hours and will watch for reactions.

Up-dosing phase (about every 2 weeks)



About 6 - 9 months

About every two weeks, your doctor will increase the amount of the food allergen until your child reaches the maintenance dose. This is done by the doctor in their office.

Maintenance phase (every day or as directed)



Months - years

Your child will eat a small, measured amount of the food allergen as directed so they stay desensitized to it.

If your child stops eating the allergen, they may start having symptoms to the food allergen again.



**KIDS WITH
FOOD ALLERGIES**
A Division of the Asthma and Allergy
Foundation of America

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