ascia
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www.allergy.org.au

ACTION PLAN FOR FPIES (Food Protein Induced Enterocolitis Syndrome)

Name: _____

Date of birth: DD / MM / YYYY

Confirmed triggers: _____

_____

Family/emergency contact(s):

1. _____ Mobile: _____

2. _____ Mobile: _____

Plan prepared by: _____

(doctor or nurse practitioner)

Signed: _____ Date: DD / MM / YYYY

Medication prescribed: _____

Dose: _____

FPIES is a delayed gut allergic reaction, which presents with repeated and profuse vomiting that may not start for a few hours after a trigger food(s) is eaten.

Some people with FPIES may develop diarrhoea, lethargy, become pale, floppy and/or feel cold.

Adrenaline (epinephrine) devices and antihistamines do not play a role in the management of FPIES.

MILD TO MODERATE SYMPTOMS

SIGNS:

- Vomiting
- Diarrhoea

ACTIONS:

- Phone family/emergency contact
- Give medication (if prescribed) – see above
- Observe for progression

SEVERE SYMPTOMS

ANY ONE of the following in addition to vomiting:

- Pale and floppy
- Cold to touch

ACTIONS FOR SEVERE SYMPTOMS

1 Phone ambulance - 000 (AU) or 111 (NZ)

2 Phone family/emergency contact

Some people with FPIES may also have a food allergy and be at risk of anaphylaxis to other foods. They will have a separate ASCIA Action Plan for Anaphylaxis for this food allergy.

Additional instructions: _____

_____

© ASCIA 2026 This plan was developed as a medical document that can only be completed and signed by the patient's doctor or nurse practitioner and cannot be altered without their permission.