

FPIES

In Babies

DEFINITION

A rare food allergy occurring in infants within the first year of life.

CAUSE

FPIES is caused by a fluid shift in the intestines upon a non-IgE-mediated response to a food protein.



FOOD TRIGGERS

Cow's milk, oats, soy, and rice are the most common food allergens. Other food triggers include chicken, sweet or white potatoes, fruits, and fish.



SYMPTOMS

Severe, projectile vomiting, dehydration, and diarrhea are the common signs.



TREATMENT

Complete avoidance of the trigger foods from the baby's diet is the first line of treatment. Steroid and IV drips may be administered in extreme cases to manage the effects.



OUTLOOK

About 60 to 90% of infants outgrow the condition by the age of three with proper management.

