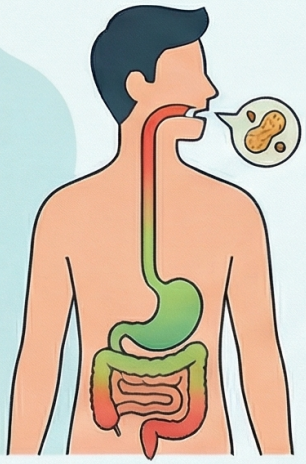
Understanding Your Oral Immunotherapy (OIT) Journey

Oral Immunotherapy (OIT) is a medical treatment designed to reduce sensitivity to a food allergen by having the patient consume increasing amounts of it over time, following a structured, multi-phase process with essential safety protocols.

What is OIT and How Effective Is It?





Desensitization Rate
For common food allergens like peanut, egg, and milk in patient studies.

Potential Side Effects



Abdominal pain
A common side effect.



Vomiting
A common side effect.



Activation or More serious reactions are possible.

The 4-Step OIT Journey



Step 1: Initial Consultation
Your doctor performs an assessment and discusses the complete treatment plan with you.

Step 2: First Dose Day
The first allergen dose is introduced in-office under strict medical supervision.

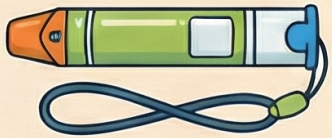
Step 3: Build-Up Phase
Visit the clinic every 2-4 weeks for professionally supervised dose increases.

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Step 4: Maintenance Phase
Take your daily dose at home and return for monthly follow-up visits.

A structured, multi-phase process towards desensitization.

Your Role: Key Safety Rules for Home Dosing



Always Carry Your EPIPEN
Have it with you at all times and bring it to every clinic visit.



DO NOT Take Doses When Sick
Skip your dose if you have a fever, viral infection, or an asthma flare-up.



Avoid Exercise Around Dosing
No exercise, hot showers, or alcohol 1 hour before and 2 hours after your dose.

NotebookLM