

ASK *the* DOCTOR

Use these questions as a starting point to get the information you need regarding your child's multiple food allergies.

What are the exact foods my child is allergic to? Does this include {fill in any food you're unsure about here}?

Are there any other unexpected names for these foods, anything else they would be referred to on the packaging?

To what extent do we need to avoid these foods? Are any of my child's allergens airborne?

What should I do if I suspect my child has eaten a food he or she is allergic to? Which reactions should I look out for?

When do I give an antihistamine and does my child need to carry epinephrine injectors? Are there any side effects?

Which care plan should I pass on to my child's babysitter or daycare provider? Does this vary from food to food or does it apply to all of his/her allergens?

Do I need to take my child to see an allergist or for further allergy testing to determine which foods he or she can and cannot have?

How often should I follow up on my child's allergies with an allergist or with his/her pediatrician? In which cases should I call the doctor's office or 911?

With all the foods that my child can't eat, how do I ensure that he or she gets proper nutrition? Do you have any replacements to recommend for the allergens?

What does the future look like for my child? Will he or she outgrow any of his/her allergies or experience additional allergies? Is my child a candidate for any sort of treatment or therapy?