



Oral Desensitization – Peanut



- Sobeys's Bridlewood, 2335 162 Ave SW
- Safeway Glenmore Landing 1600 90 Ave SW

What is it?

Oral Desensitization to peanut is a way to enable your child to not react to small accidental exposures to peanut. The idea behind food desensitization is to gradually build up tolerance to that particular food by giving it initially in minute quantities. When those quantities are tolerated, the amount is progressively increased up to a certain threshold.

It is important to recognize that peanut oral desensitization has currently not been shown to result in permanent tolerance, although this is still being researched. When oral desensitization is discontinued, it is expected that within a few months your child will revert back to their initial state of not tolerating peanut at all. Therefore, peanut desensitization therapy is currently considered lifelong treatment. The protocol is designed to minimize the risk of anaphylaxis with accidental ingestion of small quantities of peanut.

Why do this?

There are many reasons why parents choose to do this. A number of studies have shown significant improvement in quality of life of families whose child can tolerate small amounts of peanut. These families report eating outside the home, travelling again or even having peanut butter at home. The best person to decide whether to do this is you.

Where do I get these amounts of peanut?

Use Bamba peanut snack, which is available in Calgary at:

Alternatively, this can be purchased online at higher cost. Once the threshold of roughly 240mg of Bamba has been met, you can start using one peanut for each 240 mg. This can be in the form of one peanut M&M candy or a single roasted peanut.

How is it performed?

We start with a miniscule dose and increase from there. The first dose is 5 mg of the allergen, while the final dose is 500 mg. For the initial dose, you will need to be in our clinic for 1.5 hours. Dose escalations every two weeks is performed in our clinic and your child needs to be observed for 30 minutes. Bring your EpiPen to your appointment. Your child must be in good health and must not eat or drink 30 minutes before the scheduled appointment. If the dose escalation is scheduled to occur during a time that our clinic is closed, stay at the current peanut dose until the next available appointment.

Frequently taking antihistamines, such as rupatadine 2.5 ml – 5 ml daily during the peanut build-up can minimize reactions such as oral discomfort and mild hives. This is optional.

What do I do after the appointment?

- Take the dose every day at the same time
- Take with a meal or snack
- Avoid exercise 2 hours before or after
- Hold dose or decrease dose by 50% if your child has a fever or is ill with a viral illness
- Resume dose at home if you have missed less than 3 daily doses
- Contact us if you have missed more than 3 daily doses

Peanut desensitization is only offered to children less than 5 years of age.