

Oral Desensitization Protocol – Sesame Seed



Sesame seed desensitization is not offered to children over 5 years of age.

What is it?

Oral Desensitization to food is a way to enable your child to not react to small accidental exposures to the food to which they are allergic to. While it is still being researched and no official guidelines exist, some allergists have started desensitization protocols.

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 sesame oral desensitization has not been shown to result in permanent tolerance, although this is still being researched. As these reports have not been fully substantiated, our statement is that 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 sesame at all.

The goal of sesame desensitization is to minimize the risk associated with accidental exposure to sesame. The protocol

is not designed to enable your child to outgrow their sesame allergy. As mentioned, the hope is that the risk of experiencing anaphylaxis with accidental ingestion of small quantities of sesame is lessened.

Where do I get sesame seed?

We recommend you purchase unhulled sesame seed, but if that is not available regular (hulled) sesame seed can be obtained. An example of a good product is Kevala (<https://kevala.net/products/kevala-organic-sesame-flour-1-lbs>)

Try not to purchase open products (such as from bulk food stores), which may be cross contaminated with other allergens.

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 1.5-2 hours. Every dose escalation – typically performed every two weeks - has to be performed in our clinic and you need to be observed for 30 minutes afterwards. You must bring your EpiPen to your appointment and be in good health. Note that if your dose escalation is scheduled to occur during a time that our clinic is closed, you should remain at the current sesame dose until the next available appointment.

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 you have a fever or are 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