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Characteristics of infants with food protein-induced enterocolitis syndrome and allergic proctocolitis
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Background: Food protein-induced enterocolitis syndrome (FPIES) and allergic proctocolitis (AP) are rare non-IgE-mediated food allergies in early childhood. We aimed to determine the clinical and laboratory features of FPIES and AP in infants.

Method: FPIES was diagnosed in the presence of gastrointestinal symptoms within 24 hours after the ingestion of incriminated foods, without any other cause for the symptoms; or a positive open food challenge result with causative food or removal of causative food from the diet resulting in the resolution of symptoms in infants. AP was diagnosed in the presence of bloody stool after ingesting incriminated food and disappearance of blood with elimination of incriminated food or with positive challenge test.

Results: We analyzed 52 patients (23 FPIES and 29 AP) between 2010 and 2014. The age at admission was significantly lower in patients with AP than FPIES [4.2 (3.1-7.2) vs. 8.9 (4.4-12.7) month, p=0.008] and age of initial symptoms was slightly lower in AP than FPIES [2 (1-3) vs. 4.5 (1-6) month, p>0.05]. Cow’s milk was determined as the most frequent trigger with 90.4%. The other incriminated foods are hen’s egg (n=7), rice (n=2), fish (n=2), potato (n=1), lentil (n=1), wheat (n=1), soy (n=1) and banana (n=1). Three patients had positive skin prick test with the suspected food, 7 (13.5%) had concomitant IgE-mediated food allergy (egg, milk, walnut), and 15 (28.8%) had atopic dermatitis. Oral food challenge test was performed in 40 patients and 13 of those (32.5%) resulted positive. The age of recovery of diseases was similar in FPIES and AP [12 (10.5-15.3) and 13 (12-20.3) months, respectively].

Conclusion: Our results denoted that cow’s milk is the most common trigger of FPIES and AP. Although the age of onset for initial symptoms seems to be earlier in AP compared with FPIES, resolution age was similar.