

Allergy and Immunology Second Opinions™ Consultation

Date:

Patient:

Discussion:

Patient has a history of hives 1 hour after ingestion of macadamia nuts in infancy. No history of anaphylaxis. Advised to empirically avoid peanuts and tree nuts upon skin testing and tree nut IgE testing. He has a history of eczema and asthma, currently controlled on dupixent.

His macadamia IgE on dupixent in 0.26. All other tree nuts are <0.72 (highest being pistachio).

He has introduced peanut (IgE 0.52) and pecan (IgE <0.1) which he tolerated.

We discussed that empiric avoidance of tree nuts based upon testing is not recommended. It is likely that skin testing has overestimated his wheal due to history of eczema. Based on his mild history would recommend empiric introduction of tree nuts at home versus oral food challenge (per family preference), and oral challenge to macadamia in the clinic.

Recommendations:

1. Continue carrying IM epinephrine 0.3mg 2 pack at all times
2. Continue incorporating peanut and pecan in the diet (aim for ingestion around 2-3 times per week)
3. Recommend home introduction of the following tree nuts in this order:

Hazelnut (1/2 a nut on day 1 and observe for 1 hour, then 1 nut on day 2 and observe for 1 hour). Keep epinephrine on hand at all times

-wait a day in between introducing sequential tree nuts

-Following hazelnuts, recommend introducing almond, walnut, pistachio, cashew sequentially similar to the process above for hazelnut

If there is any concern for anaphylaxis (hives +vomiting/respiratory issues etc.) administer epi-pen immediately and call 911, and avoid the said tree nut trigger

4. Continue avoidance of macadamia, recommend scheduling an oral food challenge to macadamia with local allergist

Electronically Signed by: Board Certified:

