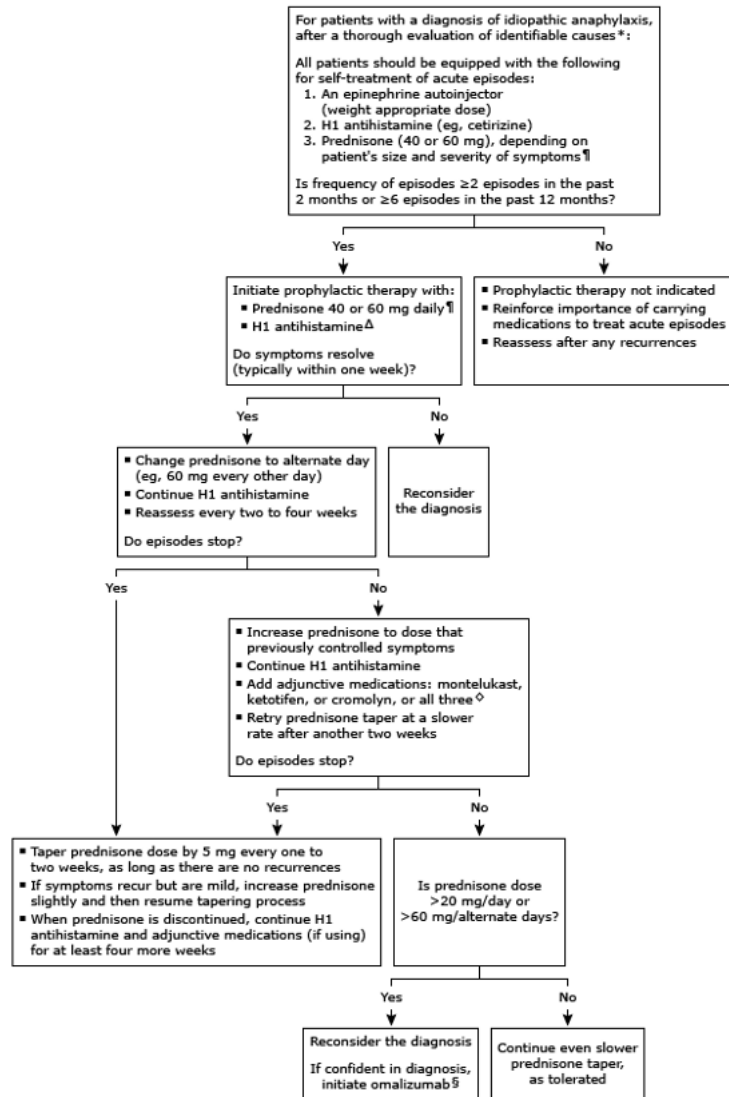


An approach to long-term management of idiopathic anaphylaxis



* Refer to UpToDate content on evaluation and diagnosis of idiopathic anaphylaxis.

¶ Prednisone doses are for adults; dose in children is 1 mg/kg daily, up to 60 mg daily.

Δ A minimally sedating H1 antihistamine is used (eg, cetirizine 10 mg twice daily for adults).

\diamond Montelukast, ketotifen, and oral cromolyn (where available) may enable tapering of prednisone, although supporting data are limited. Refer to topic text for dosing.

\S Omalizumab dosing generally follows that for chronic urticaria (refer to UpToDate content on chronic urticaria for details). A reasonable therapeutic trial duration would be six months.