



Is this Pollen Food Syndrome?

- Allergic reaction to raw plant food only
- Mild oropharyngeal symptoms +/- mild lip swelling only
- History of hay fever or positive test for pollen

YES

UNSURE

Has reacted to one or more of the following

- RAW fruits eg apple, stone fruit, pear, kiwi
- RAW vegetables eg carrots, celery, tomato, edamame beans
- Soya milk, soya protein powder

Symptoms are **ONLY** mild oropharyngeal itching and/or swelling after touching the lips and/or within 10 minutes of eating



MANAGEMENT

- Advise avoiding **only those raw foods** which have already provoked symptoms
- Treat co-morbidities such as rhinitis, asthma and eczema
- Provide patient information leaflet [AllergyUK factsheet for Pollen Food Syndrome \(oral allergy\)](#)
- Additional information: [BSACI Pollen Food Syndrome Leaflet for GPs](#)

Request advice & guidance or Refer (via ERS)

- Routine referral to secondary service
- Providing details of symptoms and whether triggers include cooked/raw foods will help assess risk.
- People with PFS do not need AAI

We would always recommend referring patients with symptoms related to nuts for an opinion. Do not perform allergy tests as results may be misleading due to cross-reactivity.