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*Excellence in Specialty Care for the Head and Neck ~ A Division of Select Physicians Alliance, PL*

## **ALLERGY IMMUNOTHERAPY PATIENT INFORMATION**

**SHOT SCHEDULE:** One visit per week for 28 weeks OR two visits per week for 12 weeks and then weekly for 6 weeks. Once your maintenance (highest) level is achieved, the shots will be spaced out to 2 weeks (x2 visits), then 3 weeks (x2 visits), then every 2-6 weeks from then on.

- \*If you are late for your shot (more than 14 days since last shot), you might have to repeat your last dose or reduce it depending on how many days have elapsed.
- \*If you are sick with a fever or asthma exacerbation (wheezing) you may not receive your shot. If you are not sure, you can ask the nurse.
- \*If you start a new medication (such as a beta blocker or ace-inhibitor) please inform us.
- \*If you become pregnant or are trying to become pregnant, please inform us.
- \*Make sure your epinephrine auto-injector is up to date (not expired). Inform if you need a refill. Bring your epinephrine auto-injector with you to each shot appointment.

**YOU MUST REMAIN IN OUR OFFICE FOR 30 MINUTES AFTER YOUR SHOT FOR OBSERVATION. THE INJECTION SITE WILL ALSO GET CHECKED BEFORE YOU LEAVE.**

It is not unusual to experience (palm-sized, should not go past the shoulder nor the elbow) redness, itching and/or swelling at the injection site. We recommend taking an antihistamine before your allergy shot to help alleviate such reactions. Some examples of common antihistamines are Claritin, Zyrtec, Allegra, Benadryl. In the RARE (less than 1%) event that a more serious reaction to your allergy shot should occur, such as a “SYSTEMIC REACTION” OR “ANAPHYLAXIS”, we can treat you with the necessary medication in the office.

Some early signs or a systemic reaction are:

ITCHING AND TIGHTNESS OF THE THROAT  
INCREASED NASAL OR CHEST CONGESTION  
COUGHING OR WHEEZING  
HIVES OR GENERALIZED ITCHING

If any of these symptoms should occur while you are still in our office please inform staff immediately so you can be evaluated and treated by the doctor.

\*\*\*Should this type of reaction occur AFTER you leave our office you should use your epi-pen and call 911 IMMEDIATELY to be evaluated and treated by a trained professional.

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