

Allergy Injection Reminders

Consistency:

- The benefit you receive from injections depends on how consistent you are.
- You will need to see a provider on an annual basis.

Office Schedules:

- Be sure you have the most current injection schedule. Be aware of our injection hours/closures (i.e. holidays).
- Medicare and Medicaid patients should check with the office regarding shot days and hours.

Injection Frequency:

- For maximum benefit, injections are recommended at least 2 times a week while building, with a maximum of 3 injections per week. Allergy injections can be done on consecutive days for vials C & D, and on alternate days in vials A & B. With two injections per week, you should reach your maintenance dose within 3 – 4 months.
- If there are more than 21 days between injections, a dosage adjustment will be made.
- If you miss 12 weeks or more, you will restart your injections from the beginning.

Medication Avoidance:

- Allergy and asthma medications may be continued as prescribed. BETA BLOCKERS/ACE INHIBITORS (medications used for hypertension) and MAO INHIBITORS (medications used for depression) should not be taken during allergy injection therapy. If you currently take one of these medications or one is prescribed for you in the future, please notify your allergy physician immediately.

Illness:

- Do not receive your injection if you are ill, have a fever, or your asthma is unstable. If you are on an antibiotic, and feeling well, you may receive an injection.

Insect Stings:

- Avoid getting an allergy injection for 24 hours if stung by a venomous insect.

Pregnancy:

- Allergy injections are considered safe during pregnancy and usually can be continued. A dosage adjustment may be needed. **If you become pregnant or think you may be pregnant, please notify the allergy injection staff before receiving any further injections.**

Exercise:

- Do not exercise one hour before or after an injection as it may cause an increased chance of a reaction.

Reactions:

Two types of reactions can occur:

- **Local reactions:** common and include redness or swelling at the injection site. Sometimes local swelling can occur several hours after your injection. An antihistamine is recommended prior to receiving your injection and you may also apply ice to the site following your injection. Large local reactions (greater than the size of your palm) will require a dosage adjustment.
- **Generalized (“systemic”) reactions:** although rare, may occur. Symptoms such as hives, worsening of your eye and nose symptoms, chest tightness, breathing difficulties, wheezing or stomach cramping require immediate treatment, but do respond quickly to medications. **NOTIFY OUR STAFF IMMEDIATELY** if you are experiencing any of these symptoms.
- Most of these reactions (mild or severe) develop within 20 minutes after an injection, which is why it is important for you to remain in the office for that period of time.
- **If this type of reaction occurs after leaving our office, PLEASE CALL OUR OFFICE FOR ADVICE AS SOON AS POSSIBLE! If necessary, call 911 or go to the nearest medical facility for treatment. Keep antihistamines such as Loratadine, Allegra, Cetirizine, Xyzal or Benadryl on hand for use at the first sign of a reaction.**

Vacations:

- Avoid air, train, or other travel within 6 hours of receiving an injection where there is no ready access to urgent care in the event of a delayed shot reaction occurring.

Refills:

A refill is needed when your antigen bottle is empty or has reached its expiration date.

- You will be advised when you need a refill. We will need your written authorization before this can occur.
- For your safety, your dose will be adjusted with the refill. You will need to come 1-2 times a week for a few weeks until you have built back to your maintenance dose.

Copays:

- If your insurance requires a copay, it **must be paid at the time of each injection**. For your convenience, we accept major credit cards, checks and cash.

Referrals:

- **WE WILL BE UNABLE TO REFILL YOUR ANTIGEN OR GIVE YOU AN INJECTION WITHOUT A CURRENT REFERRAL.**