

## Allergy Injection Reminders and Potential Reactions

### 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.
- Venom injections have a shorter expiration date and different build schedule. Discuss schedule with staff.

### Medication Avoidance:

- Allergy and asthma medications should be continued as prescribed.
- **Medication ALERT:** Beta Blockers (medications used for hypertension) or MAO Inhibitors (medications used for depression) are contraindicated with allergy injections. Consult your CAAC physician. If you have been prescribed one of these medications please notify your allergy physician or staff immediately.
- Venom Injections: ACE Inhibitors (medications for hypertension) are not to be taken when on venom injections. If you have been prescribed these medications please notify your allergy physician or staff 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.

### Exercise:

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

### Pregnancy:

- Allergy injections are considered safe during pregnancy and can usually 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.**

### Vacations:

- Avoid travel outside the metro area (including air 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 back for a few shots 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:

- **Without a referral, the patient will be responsible for the cost of the antigen or injection(s)**

### Reactions:

Two types of reactions might occur:

- **Local reactions** are 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, eye and nose symptoms, chest tightness, coughing, breathing difficulties, wheezing or stomach cramping require immediate treatment. **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!** There is an on-call Provider available until 10pm.  
\*if necessary, call 911 or go to the nearest emergency room for treatment. Keep antihistamines such as Claritin, Allegra, Zyrtec, Xyzal or Benadryl on hand for use at the first sign of a reaction.

## Systemic Reactions to Allergy Injections

Systemic (Generalized) reactions require immediate attention, because they could be life-threatening. It is most likely for patients to experience a reaction within the first 20 minutes after an injection, which is why it is important for you to remain in the office for the period of time that is ordered by your doctor. Please **NOTIFY OUR STAFF IMMEDIATELY** if you are experiencing any of these symptoms:



### Skin

Hives, redness, swelling, sense of warmth/heat or itching



### Stomach Upset

Nausea, abdominal cramps, vomiting, diarrhea or uterine cramping



### Head, Nose, Eyes and Ears

Headache, sneezing, runny nose, nasal congestion, itchy nose, itchy ears, eye redness, swelling, itching or tearing



### Throat symptoms

Coughing, throat clearing, itching throat or tightening sensation in your chest



### Trouble Breathing

Wheezing, shortness of breath, or chest tightness



### Swelling

Swelling of the face, lips, tongue or mouth



### Mouth

Itchy mouth, metallic taste or swelling



### Anxiety

Feeling nervous, anxious, or a sense of impending doom

### If this type of reaction occurs after leaving our office:

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