

## PATIENT INFO: CLUSTER IMMUNOTHERAPY

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## PATIENT INFO: CLUSTER IMMUNOTHERAPY

### What is Cluster Immunotherapy?

Cluster Immunotherapy is a faster way to start feeling better. Multiple allergy injections are administered in a given day to build up your tolerance to the things that you are allergic to more quickly. Usually, you can come twice weekly for 4 weeks or once a week for 8 weeks, you will then reach the maintenance phase which is when you receive injections once monthly. This is in contrast to traditional immunotherapy which usually take 6 to 12 months to reach maintenance.

### Common side effects of Cluster Immunotherapy

- Redness, itching, swelling at injection site which typically subside within 24 hrs.
- More serious side effects such as wheezing or a drop in blood pressure can also occur but are uncommon and this is why we ask that you stay in our office for the duration of the observation period.

### Contraindications to Cluster Immunotherapy

- Poorly controlled asthma will need to be evaluated and under control before beginning injections.
- Beta Blocker medications for blood pressure, arrhythmia or glaucoma eye drops. Example medications can include Toprol, Lopressor, Timolol, Coreg, etc. Please let us know if you are taking any Beta Blocker medications before considering this route of therapy.

### What medications are needed prior to Cluster Immunotherapy injections?

1. Singulair 10 mg (Montelukast)
2. Zantac 75 mg (Ranitidine)
3. Zyrtec 10 mg (Cetirizine)

The doctor will explain the need for specific medications that will need to be taken prior to receiving injections.

We recommend that you confirm your benefits with your insurance prior to beginning the immunotherapy. If at any time you decide that you do not wish to proceed with Cluster Immunotherapy, you may continue to receive injections on our traditional immunotherapy schedule.