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ALLERGY INJECTION INFORMATION

Allergy injections are given anytime during regular office hours. Appointments are not necessary. The policy is THAT YOU ARRIVE FOR YOUR INJECTIONS AT LEAST 30 MINUTES BEFORE THE OFFICE CLOSSES SINCE YOU SHOULD REMAIN IN THE OFFICE FOR 30 MINUTES FOLLOWING YOUR INJECTIONS.

The ultimate purpose of allergy injections is to reach the highest dose and concentration any individual patient can tolerate in order to provide the most protection against natural offending allergens. This usually requires a minimum of 24 build-up injections, 1 to 3 times per week, with at least 48 hours in between injections. The more frequent you are able to receive the injections during the build-up period the sooner the relief is obtained. After reaching the maintenance dose, the injections can be given every 7 to 28 days depending on your symptoms and the season. In the first year you MUST be seen by a practitioner every 3, 6, 9, and 12 months.

On the day that you receive your allergy injections it is recommended that you:

- *Take your prescribed antihistamine
- *For patients that are prescribed an Epi-pen it is highly recommended that you carry it on the days of your injections.
- *Do NOT engage in strenuous physical activity, sunbathe, or consume alcohol approximately 2 hours before or after your injection.

You should NOT receive your injections if you have a body temperature more than 99 degrees or are short of breath or wheezing.

LOCAL REACTIONS are common and may include redness, itching and swelling at the injection site. Local reactions may be treated with the following:

- *Antihistamine (prescribed or over the counter)
- *Cold packs placed on the injection site, intermittently, until the arm is comfortable.
- *An analgesic medications will help relieve injection site discomfort
- *Creams, lotions or ointments that contain cortisone may be used for localized itching at the injection site. PLEASE NOTE ANY LOCAL REACTIONS (LOCATION, SIZE AND DURATION) THAT YOU MAY EXPERIENCE AFTER LEAVING OUR OFFICE. REPORT THIS INFORMATION TO THE NURSE BEFORE RECEIVING YOUR NEXT ALLERGY INJECTIONS.

SYSTEMIC REACTIONS are rare but may occur and could include symptoms of sneezing, eye tearing, generalized itching, coughing, hives, asthma, abdominal cramps/diarrhea or feeling faint. USUALLY, IF YOU ARE GOING TO EXPERIENCE ANY OF THESE SYMPTOMS IT WILL BE DURING THE 30 MINUTES FOLLOWING YOUR INJECTIONS. ALERT THE NURSE IMMEDIATELY IF YOU THINK YOU MAY BE EXPERIENCING A SYSTEMIC REACTION.

IF YOU HAVE LEFT THE OFFICE AND EXPERIENCE ANY OF THE ABOVE SYSTEMIC SYMPTOMS, ADMINISTER YOUR EPI-PEN AND SEEK EMERGENCY MEDICAL CARE. (You may return to our office if we are open or go to an urgent care facility.)