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ASTHMA & ALLERGY CENTERS

Cluster Immunotherapy: Patient Information sheet

What meds should I take 2 hours prior to my injections?

The Physician will circle the ones that you need to take:

1. Singulair (montelukast) 10mg
2. Pepcid (famotidine) 20 mg
3. Zyrtec (cetirizine) 10mg: NOTE YOU CAN PURCHASE THIS AT COSTCO OR SAMS CLUB AT A DISCOUNTED COST.

What is Cluster Immunotherapy?

A faster way to start feeling better. Multiple allergy injections are administered in a given day to build up your tolerance to the things you are allergic to more quickly. Usually if you can come in twice weekly for 4 weeks (or once weekly for 8 weeks), you will already reach the maintenance phase which is when you receive injections once monthly. This is in contrast to conventional immunotherapy which usually takes 6-12 months to reach maintenance.

Contraindications to cluster immunotherapy:

-Having poorly controlled asthma: we will need to control your asthma symptoms first

-If you take a beta blocker medication (for blood pressure, arrhythmia, or in glaucoma eye drops) eg: Toprol, Lopressor, Timolol, Coreg, etc.

The risks are still higher than with conventional immunotherapy but by taking the pre-medications listed above, these risks are substantially reduced.

Common side effects:

-Redness/itching/swelling at injection site: typically subside within a day

-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.

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 conventional immunotherapy schedule, but you will be responsible for the procedures performed.