

ALLERGY INJECTION INFORMATION

Allergy shots

- begin with low doses of allergy extract with gradual increases in the strength of extract until a maintenance level is reached.
- are administered weekly for the first four months, then every two weeks for the next year, then monthly for a total course of generally five years.

Contact the office before receiving injections

- if the schedule is delayed more than two weeks.
- if a local reaction is larger than two inches or lasts longer than 24 hours.
- if there is worsening of allergy symptoms within 24 hours.
- if you are pregnant.
- if beta blocking agents are prescribed for you.

Delay Shots

- during times of wheezing, fever, or severe allergy symptoms.

Avoid

- strenuous exercise for two hours after injections.

Always wait

- in the doctor's office **30 minutes** after each injection for the possibility of a serious reaction that would require medical attention.

Symptoms to report immediately include

- itching of throat, ears, palms, or soles.
- hives.
- sneezy, itchy, runny nose and/or itchy, watery eyes.
- nausea, cramping, dizziness, or faintness.
- wheezing, coughing, shortness of breath, or tightness in chest or throat.
- any change in the way you feel after your injection.
- **Should any of these symptoms occur after leaving the office, either return or call for instructions. Go to the emergency room if help is not available.**

Insurance claims

- will be submitted for patients participating in Blue Cross/Blue Shield, Medicare, and HMO and PPO plans.

When ordering new extract

- return a copy of the injection instruction sheet showing the doses given and reactions noted.

- include a current referral form authorizing allergy extract, if necessary, from your primary care physician if you participate in an HMO plan.
- allow two weeks for delivery.

Follow-up visits

- with the allergist are required to monitor progress before the fourth vial of the initial series and before subsequent maintenance vials are started.