

DallasAllergyImmunology
**INSTRUCTIONS FOR PATIENTS RECEIVING
ALLERGEN IMMUNOTHERAPY**

The following guidelines are very important for safe administration of your allergy shots. Please read this information carefully.

1. **ALLERGY SHOT HOURS** - Please view our website (www.dallasallergy.net) for current hours or obtain a card that lists the current hours from our office.
2. **Injections must be given in a medical facility under the supervision of a licensed physician.** If you choose to receive your *maintenance* allergy shots in a local doctor's office, we must receive a signed consent form indicating the physician's willingness to provide the injections.
3. **You should report any current illness or new medications before each allergy shot, especially BETA BLOCKERS (see I.T. Patient Consent - MEDICATIONS TO AVOID).** If you have asthma, a peak flow rate will be measured before and 30 minutes after each shot.
4. **You should not receive allergy shots when your asthma flares. Peak flows must be at least 80% of your personal best peak flow in order to receive an allergy shot.** Follow the guidelines on your *Asthma Action Plan* and resume allergy shots 2-3 days after your asthma flare resolves.
5. **You must wait in the office for 30 minutes after each allergy shot to observe for potentially serious allergic reactions. If any of the following symptoms occur during the waiting period, report promptly to the allergy nurse so that appropriate treatment may be instituted:** itchy eyes, nose or throat, runny nose, nasal congestion, sneezing, tightness in the throat or chest, coughing, wheezing, hives, faintness, dizziness, nausea, abdominal cramping.
6. **At the end of your 30 minute waiting period, be sure to check out with the allergy nurse prior to leaving the office even if you have no local reactions or allergy symptoms.**
7. **Please notify our office of any local reactions larger than a silver dollar lasting more than 24 hours after the shot.**
8. **In order to minimize the risk of a delayed systemic reaction (i.e., the problems listed in #5 above), avoid strenuous exercise for two hours following allergy shots.**
9. **In order to achieve the greatest benefit, allergy shots should be given on a regular basis:** once or twice weekly during the initial "escalation phase". If you choose to receive shots twice weekly, please allow 48 hours between injections.
10. **There is no cause for concern if injections need to be suspended temporarily (up to four weeks) due to illness or travel.** Minor dose adjustments will be made after temporary lapses in therapy. Please note, however, that you are unlikely to achieve optimal benefit from I.T. if there are frequent lapses in therapy. **Please call the allergy shot nurse to discuss how to proceed if your lapse in therapy has been 6 weeks or longer.**
11. **Allergy shots may be continued during pregnancy.** If you have not already reached the maintenance dose prior to becoming pregnant, we will continue the current dose for the duration of the pregnancy, then increase afterwards.

12. Minors who receive allergy shots must be accompanied either by a parent or an adult guardian who has written permission from the parent to serve in this capacity. The only exception to this rule is the minor age 16 years or older who is permitted to drive him/herself to the office without a parent/guardian. Consent forms are available from our receptionists for these special circumstances.

13. Please allow 3 weeks for allergen extract refills. We require an updated copy of the *Allergy Shot Administration Record* in addition to payment prior to refilling extract orders.

If you have any questions regarding your injections, these instructions or allergy symptoms, please contact this office.