

ALLERGY INJECTION INSTRUCTIONS

RULES FOR ALLERGY INJECTIONS

- Keep extract refrigerated, but not frozen.
- Use an allergy syringe with a 26 or 27 gauge needle.
- Administer subcutaneously in the upper outer arm, thigh or hip.
- Alternate the site of the shots each week.
- Injections must be taken regularly to be effective.

The patient should remain under observation for 20 minutes after injection.

HISTAMINE RELEASING FOODS TO AVOID

AVOID	REDUCE
Cheese Chocolate Red Wines Strawberries Shellfish	Tomatoes Oranges Citrus Fruits Alcohol

Injections are administered every 4-7 days unless otherwise instructed. Follow the dose schedule as outlined and record dosage. In the event of a local or systemic reaction or missed injections see information at right.

SCHEDULE

DOSE #		DOSE #	
1	0.05cc	6	0.30cc
2	0.10cc	7	0.35cc
3	0.15cc	8	0.40cc
4	0.20cc	9	0.45cc
5	0.25cc	10	0.50cc

NOTE: Repeat 0.50cc until serum is finished

WHEN NOT TO TAKE AN INJECTION

Do not take an allergy injection if:

1. Oral temperature is 100°F or higher
2. You are very upset/angry
3. You are experiencing an acute asthma episode
4. You are taking beta-blockers

Do not vigorously exercise or take a hot bath/shower for at least 2 hours after an allergy shot.

Allergy vials contain a minimum of 10 doses, depending on your dosage amount and absorption of the extract into the glass.

To avoid unnecessary interruption of your treatment, call and reorder your medication after the 10th dose, or when it appears there are only 2 doses remaining. This allows ample preparation time.

Please state which vial you need, when your last dose was taken, and the dosage amount. Syringes can be mailed at this time if you request them.

ADVERSE REACTIONS TO INJECTIONS

LOCAL REACTIONS (redness, swelling) at injection site may occur.

- ✓ Record the size.
- ✓ If uncomfortable, apply an ice pack.

If the local reaction remains longer than 48 hours or is longer than 2" in diameter the following week/shot, reduce the dose by one dose and then resume the schedule. If the reaction reoccurs, maintain at the non-reacting dose for 4 times and then resume the advancement.

SYMPTOMATIC REACTIONS

Increased symptoms the day after injection may occur. They are usually mild and subside in a day. You may take an antihistamine if necessary.

If allergy symptoms are increased in the first 24 hours after an injection, the following week/shot, reduce the dose to the previous non-reacting dose and then resume the schedule. If the reaction reoccurs, maintain at the non-reacting dose for 4 times and then resume the advancement.

SYSTEMIC REACTIONS

A systemic reaction may occur. This may include symptoms of generalized redness or itching, itching of the throat, hoarseness, shortness of breath, wheezing, cough and hives beginning within the 20 minutes after the allergy shot.

Immediately do the following:

1. Use EpiPen
2. Take 25mg of Benadryl orally
3. Take patient to the nearest emergency center
4. Report the reaction to the office. Do not take any further allergy injections until advised by Dr. Enayati.

MISSED INJECTIONS

10-14 days since the last injection, reduce the dose by one dose and then resume advancement.

15-21 days since last injection, reduce the dose by two doses and then advance.

More than 21 days, call the allergy department for instructions.

RETURN VISIT

Please schedule an appointment with Dr. Enayati 10-12 weeks to evaluate your progress. Additional extract will be prepared. If you have especially high sensitivities, your formula may have to be made stronger until you reach the maximum symptom relieving dose.

