

Diplomate American Board of
Allergy and Clinical Immunology



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IMMUNOTHERAPY-HYPOSENSITIZATION-ALLERGY SHOTS

Shots are started at very small doses and with each injection the dose is raised until the patient reaches a maintenance dose that has been determined to be effective by clinical trials and from experience with other patients. Some patients are not able to reach this predetermined dose of allergen and may begin to have a reaction to the injection. This is most frequently a sore, swollen arm or rarely the patient will experience systemic type symptoms, for example, hives, itchy eyes, nasal symptoms, chest tightness and wheezing. Serious reactions are usually seen in the first 30 minutes following the injection. Therefore, all patients are required to wait for 30 minutes following an injection before leaving the office. All reactions must be reported to the nurse before the next injection is given. Such reactions indicate that the allergen dose must be adjusted.

Shots are given frequently (once or twice a week) while the allergen dose is being raised. This usually lasts 4-6 months. The frequency reduces the probability of reaction and is intended to get the patient to a maximum therapeutic dose as rapidly as is practical. After this dose has been achieved, most patients receive maintenance injections every 2-4 weeks. If more than four weeks has elapsed between shots, the maintenance dose must be reduced to avoid reactions.

Initial serum is mixed for individual patients and lasts for approximately 12 months depending on the frequency of injections. Then new serum will have to be made for maintenance. When the serum is mixed your insurance will be billed. Some insurances require the serum to be billed quarterly (every 3 months), others annually. It will be the patient's responsibility for charges that are not covered by the insurance.

Improvements should not be anticipated immediately. Occasionally relief of symptoms is realized after only a few injections, but more frequently one sees a trend of improvement over a matter of months.

The length of time a patient is maintained on injections depends on the response to the treatment. We would usually like to see the patient free of symptoms without medicine for about one year. The average duration of treatment has been suggested as three to five years, but in some instances, treatment is required beyond this time. Duration and changes in therapy will be specifically tailored for each patient. Medication does not affect allergy injections; do not withhold medications on the day shots are received. If you are having significant symptoms of infection (URI, bronchitis), the injections may be deferred until you are better.

I understand the above and give consent for treatment.

Patient Name/Child's name _____

Patient/Parent Signature _____ Date _____

Telemedicine appointments: Please email this form to: support@allergyimm.com or fax it to (209) 951-5369.