

**ALLERGY AND ASTHMA CARE, P.A.**

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**Patient Information On Allergy Injection Program (Immunotherapy)**

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Based on your allergic history and results of skin testing, you may benefit from allergy injections. Allergy and Asthma Care is committed to providing you with information about your health care needs. We hope the following information will answer your questions. If you have any additional questions, please call Allergy and Asthma Care.

***ABOUT THE ALLERGY INJECTION PROGRAM***

Approximately 75 to 80 percent of all patients notice some benefits within 6 to 12 months after starting immunotherapy. Usually, treatment is continued for up to 5 years, or until the allergy symptoms are absent or minimal for two consecutive years. During the first 4 to 6 months of treatment, the injections are given at a frequency of 3 to 14 days, usually weekly. Once the desired maximum dose (or maintenance dose) is reached, the injections are given at an interval of every 2 weeks until the end of the first year of treatment, and then the interval is often lengthened to 3 to 4 weeks. You will then be expected to return for a reevaluation with your allergist.

***REACTION TO INJECTIONS***

It is possible to have an unpredictable reaction to your allergy injection; therefore, it is important that you know and understand the symptoms of a reaction, as well as what to do.

**Local** reaction means that you have continued swelling and/or redness around the injection site. This swelling or redness would be larger than one and one-half inches in diameter and still visible more than 24 hours after your injection. If you experience a local reaction, you may hold an ice pack in place for a few minutes, remove it, and then apply it again after a short break. It is very important to tell your doctor or nurse about the local reaction, because it may not be safe for your dose to be increased during your next injection appointment.

**Systemic** or generalized reaction is more serious than a local reaction. The most common symptoms include:  
\* general itching of skin and throat      \* shortness of breath      \* coughing      \* feeling of faintness  
\* sudden plugging of the nose      \* flushing of the skin      \* skin rash      \* abdominal cramps

These symptoms usually occur within 10 to 30 minutes after the injection. For this reason **YOU MUST REMAIN IN THE OFFICE WAITING ROOM FOR AT LEAST 30 MINUTES AFTER AN INJECTION.** If you have any signs of a systemic reaction, please report them to the nurse immediately. Strenuous exercise within 1 hour after an allergy injection increases the likelihood of a reaction. Very rare instances of death from allergy injections have been reported.

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**IMMUNOTHERAPY TREATMENT CONSENT**

I have read the above and been informed of the risks and possible alternative methods of treatment. I agree to wait at least 30 minutes following allergy injections due to the possibility of a reaction.

I hereby authorize Allergy and Asthma Care, to administer such treatment to me/my child, and if necessary, all prudent additional treatment in the event of a serious allergic reaction.

I hereby authorize Allergy and Asthma Care to mix or refill my allergy solution when it is time. I understand this will result in additional charges. It is my responsibility to contact my insurance company regarding any financial obligations I may have with regards to these charges.

Date \_\_\_\_\_

\_\_\_\_\_  
Signature of Patient/Signature of Person Authorized to consent for Patient

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Relationship to Patient

**I have been advised by AACPA to accompany my child under 18 years of age for every allergy injection. If I authorize my 16- to-18 year old child to come in my absence, I am initialling here. \_\_\_\_\_**