

**PRACTICAL INFORMATION REGARDING ADMINISTRATION OF ALLERGY DROPS:**

ADMINISTRATION OF SUBLINGUAL DROPS:	PRECAUTIONS:
<ol style="list-style-type: none"> <li>1. Dosing should be done at the same time each day, preferably in the morning.</li> <li>2. Record all doses on the attached Treatment Record (Pages 2 and 3).</li> <li>3. Drops should be placed under the tongue and held there for two minutes, then swallowed. For multiple sets, drops from each bottle may be added together under the tongue all at once. If local mouth itching occurs and is uncomfortable, then spit out the dose and do not swallow.</li> <li>4. If local mouth itching persists beyond 5 minutes after dosing, take an oral antihistamine. If local mouth itching persists beyond 60 minutes after taking the antihistamine, call our office during business hours.</li> <li>5. If any suspected systemic allergy symptoms occur, follow the instructions outlined below.</li> <li>6. Any adverse events associated with the dosing should be recorded in the "Remarks" section (and continued on the back of the sheet if necessary).</li> <li>7. If you are unsure of any dosing, please call our office for advice.</li> </ol>	<ol style="list-style-type: none"> <li>1. Always be certain that your oral antihistamines are available at the time of dosing.</li> <li>2. Prescription bottles should be kept refrigerated for optimum maintenance of potency. However, studies have shown that the extracts are stable at room temperature. Avoid extreme heat or freezing of the extract bottles.</li> <li>3. Always check the bottle labels before dosing, to be certain that you have the correct bottles.</li> <li>4. Do NOT take drops if you are running fever &gt; 100F, if you are wheezing or if you have any open sores or wounds in the mouth.</li> <li>5. Do NOT dose on days of dental procedures.</li> <li>6. Dose adjustments based on missed days or adverse reactions are outlined below.</li> <li>7. Do NOT take allergy drops if you are also taking a prescription beta blocker medication.</li> <li>8. For women of child-bearing age, notify our office if you become pregnant.</li> </ol>

**DOSAGE ADJUSTMENTS BASED ON INTERVAL BETWEEN TREATMENTS / LOCAL ADVERSE REACTIONS:**

MISSED DAYS →	DOSAGE ADJUSTMENT:	LOCAL/SYSTEMIC REACTION:	RESPONSE:
a. 1-7 days →	a. Continue advancement or repeat the maintenance dose.	a. No reaction →	a. ↑ dose according to schedule or continue maintenance dosing.
b. 8-14 days →	b. Resume a 5-day advancement from the bottle(s) most recently used.: Day 1 – take 1 drop Day 2 – take 2 drops Day 3 – take 3 drops Day 4 – take 4 drops Day 5 – take 5 drops, then resume scheduled dosing.	b. Itching of mouth →	b. Take an oral antihistamine as needed.
c. > 14-days →	c. Call our office for instructions	c. Swelling of lips/tongue →	c. Take an oral antihistamine as needed; ↓ to last tolerated dose, repeat x 2; then continue advancement.
		d. Nausea or cramping →	d. Take an oral antihistamine. If symptoms persist, call 911. Call our office before taking further doses.
		e. Hives →	e. Take an oral antihistamine. If symptoms persist, call 911. Call our office before taking further doses.
		f. Throat tightness/wheeze →	f. Take oral antihistamine, call 911. Call our office and arrange a follow-up visit before further dosing.

**TREATMENT OF SYSTEMIC ADVERSE REACTIONS TO ALLERGEN IMMUNOTHERAPY:**

There is always the possibility of a systemic allergic reaction (anaphylaxis) with SLIT, even though the same dose may have been previously well tolerated. Anaphylactic symptoms may include progressive itching ( nose, throat, eyes, skin, palms of hands, soles of feet, groin, etc. ), sneezing, coughing, nasal congestion / drainage, throat tightness, wheezing, asthma, nausea, vomiting, abdominal cramping, diarrhea, generalized hives. Rarely, hypotension and fainting may occur.

At the first signs of any systemic reaction, **CALL 911**. A short-acting antihistamine (Benadryl 25-50mg) should be given by mouth.

**PLEASE NOTE: IF ANY SYSTEMIC REACTION OCCURS, YOU MUST RETURN TO OUR OFFICE FOR FURTHER INSTRUCTIONS PRIOR TO TAKING ANY MORE SUBLINGUAL IMMUNOTHERAPY.**

**Questions? Please call us at 512-454-5821.**