



Allergy Seminar / First Injection Sheet

Depending on the results of allergy testing, patients with allergies may be considered candidates for **Allergy Injection Immunotherapy**. If you have tested positive, both the physician and allergy department have reviewed your results and recommend you start allergy immunotherapy.

Allergen immunotherapy, also known as allergy injections, is a form of long-term treatment that decreases symptoms for many people with allergic rhinitis, allergic asthma, conjunctivitis (eye allergy) or other allergy symptoms. The first step will be to schedule your take home allergy injection seminar. This seminar is approximately 1-1 ½ hour long.

NOTE: Please wear shorts/dress/skirt to appointment. No Jeans. If this is an issue let medical staff know.

NOTE: No small children unless he/she is receiving injections. Please make sure to bring whoever is injecting patient to the appointment.

NOTE: You must avoid allergy medications for 5 days.

You can expect the following information to be provided in the seminar:

- Educational material on allergies
- Emergency device procedures and when to administer- **Please bring Emergency Device to all new vial appointments and allergy seminar.**
- Benefits and risks of allergy injection immunotherapy
- Adverse side effects and symptoms of allergic reactions
- How to administer allergy injections.

After completion of the seminar, you will be given:

- An intradermal vial test.
- The first allergy injection
- Please wear shorts/dress/skirt to appointment
- **Please avoid anti-histamines for five days prior to this appointment.**

Other Information

- You will receive an emergency device prescription prior to your registered seminar appointment. Instructions will be given at this appointment. Visit <https://www.epipen.com/> for additional information.
- Please let medical staff know if you have **asthma/on a beta blocker/or history of anaphylaxis** before registering for seminar.

*****If you do not bring EMERGENCY DEVICE to Seminar- you cannot receive your vials to take home.**

Please note you will receive a call the Tuesday prior for a mixing appointment- you do not have to attend. Please note you will need to pick up new vials every three months and discontinue allergy medications each time. You will also need to bring in your old vials, logs, and emergency device.