

INFORMATION ABOUT ALLERGY SHOTS

INJECTIONS

You will be receiving allergy shots to help control your allergy symptoms. Benefits are acquired gradually and months may pass before any effect is noted. Generally, at least two years of this kind of treatment is required and frequently longer periods are necessary. You may take all medications as directed while on allergy shots. Exception, no patients taking Beta blockers will be given allergy shots.

TIME SCHEDULE

Intervals between shots vary. It is usually every 3-8 days in the beginning and later increases to every 5-8 days. You do not need an appointment, but you will need to register each time you come in for your shots. The nurse will keep you advised of your schedule for shots. You may come once a week or twice a week in the beginning.

Allergy shots are given:

Monday and Friday	9:00 am to 12:00 pm and 1:30 pm to 5:00 pm
Tuesday and Thursday	10:00 am to 12:00 pm and 1:30 pm to 6:00 pm

NO SHOTS ARE GIVEN ON WEDNESDAY

The waiting time for shots varies with the time of the day, being shorter in the morning and longer in the late afternoon. You will be required to wait and be checked 20 minutes after the shots. You must remain in the Allergy Department waiting room during your 20 minute wait.

WHEN TO AVOID SHOTS

Do not take your shots if you have a fever/are suffering from asthma/have a cold/have a current infection/have a bad allergy symptoms/are on antibiotics for less than 1 week/have sunburned arms. Wait until these problems have been absent for 48 hours or more before you take your next shot. Avoid taking your shot within 3 days of any other injections, such as vaccines or 24 hours after receiving Novocain. If you have been ill or had recent trauma, (i.e. accident, major dental work, etc.) delay your injections a few days.

REACTIONS

Local reactions are redness and swelling at the site of injection. Generalized reactions are the occurrence of hay fever, asthma, rash, hives, generalized itch or feeling of swelling in the throat. Generalized reaction symptoms are always of consequence regardless of when they occur. Generalized reactions of hay fever and mild hives may be treated with antihistamine medication. Severe hives, asthma, or swelling will need medical attention in the Emergency Department. Local reactions should be reported to the nurse giving the following information:

- The number of hours after the shot that the reaction started
- The size of the redness and swelling, measure if possible or estimate (i.e. quarter, nickel, etc.)
- The arm, right or left and the site, upper or lower.

Swelling may be on the surface of the arm or underneath the skin in a lump. Be sure that you notify the nurse of any reactions you have and how they were treated.

REVISITS

Make an appointment to see your allergist at least once a year. You may be instructed, especially during the first year, to be seen at shorter intervals by either the nurse or the allergists, if your symptoms are increasing.