

ALLERGY INJECTION INFORMATION
INJECTIONS CLINIC HOURS

(510) 248-3188

Monday, Tuesday, Thursday: 8:45 am to 12:00 pm and 1:30 pm to 4:45 pm

Wednesday: 1:30 pm to 4:45 pm

Wednesday evenings are by appointment only!

6:00 pm to 7:30 pm (See Allergy Nurse)

Allergy injections are specially prepared extracts of the substances to which you are allergic. Injecting these extracts on a regular basis, over a period of time, will help control your allergy symptoms. Benefits are acquired gradually, and several months may pass before any effect is noted. It is helpful to continue taking your allergy medications during this period. Generally, at least one or more years of injections, treatment is required.

The allergy shots are not meant to allow you to keep pets inside the home if you allergic to them. Your pets may keep on provoking your allergies. The shots may be less effective and there may be an increased risk of bad reactions to the allergy injections.

Coming on a regular basis for shots lets us steadily increase the strength of the shots to where you can attain relief from your allergy symptoms. Irregular or occasional visits for injections do not allow us to increase your doses to the levels which will give you symptomatic relief. Coming every 3 to 8 days at the start is recommended. Following through on your decision to begin allergy shots requires a real commitment on your part.

At each visit before receiving your injection(s), identify yourself to the allergy nurse by your patient member number. Report any delayed reactions you noted from your previous visit. This will help determine your dose. After receiving the injection(s), you are required to **wait 20 minutes in the Allergy clinic for your safety**. Afterwards, the nurse will check your arm. **DO NOT LEAVE THE CLINIC AREA UNTIL YOU HAVE BEEN CHECKED.**

Delayed reactions to shots can occur, so check your arms later in the day also. Local reactions include redness, swelling, warmth, and itching at the injection site. Taking your antihistamine on shot day will help control these reactions. A cool compress or an ice pack applied to the arm for 20-minutes at a time will also relieve discomfort. Systemic reactions to shots may also occur and need immediate treatment. Symptoms may include hives and itching away from the injection site, coughing and sneezing, difficulty breathing, wheezing or a tight chest. **THESE SYMPTOMS ARE DANGEROUS. RETURN IMMEDIATELY TO THE CLINIC OR GO TO THE EMERGENCY ROOM IF THE ALLERGY CLINIC IS CLOSED.**

ADDITIONAL INFORMATION

It is advised not to do any strenuous exercise for at least 1-hour before and after receiving your allergy shots. No injections will be given if you are ill, have a fever, or asthma symptoms. They will not be given within 24-hours of any anesthesia (including local), or within 2-3 days after starting antibiotic therapy or receiving any type of immunization.

If at any time your physician prescribes “Beta Blocker” medication or medications for high blood pressure, migraine headaches, glaucoma or heart disease, notify the Allergy Clinic staff. Also, inform the allergy nurse if you think you might be pregnant or have had a positive pregnancy test.

Please be aware that the clinic is especially busy during the first and last hour of each day and you may have a longer wait during these times.

A follow up appointment with the allergist every 6 to 12 months is recommended to discuss your progress. The clinic staff is always available for questions.