



SOUTHWEST OHIO

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Allergy Treatment Information

If your physician has recommended Immunotherapy, we want you to be informed about the process and to participate in the treatment of your Allergies.

Immunotherapy is truly “therapy” for your Immune system. The injections that you will receive each week, will help to boost your immune system’s response to pollens, molds and particles in the air, that irritate your eyes, nose and airway. This is a process that works to change your bodies reaction to these triggers. Therefore, it takes time to “retrain” your system.

After you are tested and we have determined exactly which allergens are affecting you, your extract vials will be prepared. These vials will contain a mixture of the allergens that you had a positive reaction to. Depending on your number of positive reactions, you may receive as many as 3 injections per week. If you had a positive reaction to any mold, you will receive at least 2 injections per week because the molds can’t be mixed with other allergens for stability reasons.

During your first visit to our department, you will receive a test wheal from each vial that was prepared for you. Test wheals are the same type of injection that you received during your allergy test. After the injection, you will be asked to return to our waiting area for 10 minutes. This is to allow time for a response to develop at the injection site. A small response is normal and expected. This tells us that the vial strength will create a normal reaction by your immune system.

The following week you will begin receiving actual injections of the allergens. On days that you receive injections, we ask that you remain in our waiting area for 20 minutes, so we can monitor you for signs of anaphylaxis. The dose of each injection starts small and is increased each week, as tolerated, up to a full dose, which is then maintained for a period of time. After 3 months the stability of the antigens in the vial can no longer be considered therapeutic and new vials will be prepared. The process will start over at this point. Depending on how well you are progressing in your treatment, we may take this opportunity to increase the strength of the antigens. By repeating this process, overtime, the goal is to desensitize your system to the allergens that you tested positive for. As you continue, you will start to notice that your reaction to the allergens is less severe and may be less frequent. During your treatment we recommend that you continue to take your allergy medication to help alleviate your symptoms.

Keep in mind that Immunotherapy is a long-term commitment. It can take 3-5 years to desensitize your system to the triggers that create your symptoms. During this time, you are required to maintain follow up appointments with your physician. These appointments should be every 6-12 months.

Important Reminder: Our physicians require that you carry an emergency epinephrine auto injector!

Because we will be injecting you with the things you are allergic to, if you do not have your emergency epinephrine with you when you come for your injections, our nurses **cannot** give you an injection. This is for your safety! Please make yourself familiar with the signs and symptoms of anaphylaxis so you will be prepared to recognize this reaction! It can happen at any time.