

- Immunotherapy is not a “quick fix”. On average patients will not notice an improvement of symptoms until 4-8 months of regular injections. **Allergy injections are a weekly commitment for an extended period of time**, a minimum of 2 years. **Repeated non-compliance can result in discontinuance of immunotherapy.**
- Risks: Local reactions such as pain, itching, swelling, redness, bleeding, and bruising at the injection site. __Systemic reactions such as nasal congestion, itchy watery or red eyes, sneezing, fatigue, and runny nose.__Anaphylaxis (shock), which is a serious reaction, and can lead to death.
- Epi-Pen: Anaphylaxis is a rare event, but a life-threatening complication. For this reason, a prescription will be sent to your pharmacy. You are advised to carry an Epi-Pen with you for 24 hours following your injection. Please note: it is your responsibility to inform the allergy nurse when your pen has expired.
- Anaphylaxis would *typically* occur within 15-30 minutes after an injection. For this reason, you are advised to remain in the office for 30 minutes after each injection. Please note: anaphylaxis can occur up to 24 hours following an injection.
- Beta-blockers, medications commonly used to treat conditions like high blood pressure and heart disease, can impact the incidence and management of anaphylaxis. Your provider feels that the benefit outweighs the risk, however the medical staff needs to be aware if you are taking a beta blocker.
- Strenuous activity can increase the risk of adverse reactions. It is recommended that you refrain from any vigorous activity for two hours prior, and two hours following your injection.
- **ASTHMA is the most common complication with allergy immunotherapy. If your asthma is not well controlled you CANNOT receive your injection that week.**
- If you are not feeling well or on antibiotics or steroids for an active infection you will have to skip your injection until resolved.
- To keep the risk of adverse reactions minimal, you cannot have an allergy injection within five days (before and after) any vaccine.
- All patients receiving immunotherapy must be evaluated by one of our providers once a year.
- For patients interested in giving themselves injections at home. This is handled on a case by case basis. It has to be approved by your insurance and you MUST have reached your maintenance. It can take anywhere from 20 weeks to a year to reach maintenance.
- Allergy injections are given on a walk-in basis: from 8:30am-11:30am and 1:30pm-4:00pm (Leesburg is Tuesday, Tavares and The Villages are Thursday) **your vials will remain at one office*