



## PATIENTS RECEIVING IMMUNOTHERAPY (ALLERGY INJECTIONS) IN THE ALLERGY CLINIC

You have agreed to receive immunotherapy from the Allergy Clinic at the University of Virginia. Your doctor has explained the frequency and duration of your injections. It is important to follow that schedule; if you are late for your injection(s), the dose may be reduced for your safety. Many patients remain on full strength injections for 3 to 5 years before discontinuing. However, if you do not believe your injections are helpful, you should discuss this with your physician. It is recommended that you complete as much allergen avoidance as possible to reduce your symptoms.

For your safety, you will be required to remain in the Allergy Clinic area for observation for 20 minutes after your injection if you have rhinitis ("hay fever"), dermatitis or sinusitis. If you have asthma or are receiving stinging insect venom injections, you agree to remain under observation 30 minutes after your injection(s). At the end of the observation period, you will show the Allergy Clinic staff, the site of the injection.

There is the potential for an adverse reaction to occur following your injection(s) that may require treatment. Such reactions may be life threatening. If you experience any of the following, notify the Allergy Clinic staff **IMMEDIATELY**: itchy eyes, nose or throat; nasal congestion; throat or chest tightness; cough or wheezing; lightheadedness; faintness; nausea; generalized itching or hives; or a sense of being unwell "impending doom." You will be given an Epi Pen as a precaution. Very occasionally, patients experience shock, which may require Adrenalin and further treatment. In addition to immediate symptoms, you may experience an increase of symptoms i.e. nasal congestion or wheezing over the 24 hours after an injection. If this happens, please call the clinic (434) 924-2227 or the allergy fellow on call.

If you become pregnant or develop high blood pressure or heart problems, call the clinic.