



**ALBANY ENT & ALLERGY SERVICES, P.C.**

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**Immunotherapy (Allergy Drops) Consent  
SLIT: Sublingual Immunotherapy -AAOA**

The medical providers at Albany ENT and Allergy Services have recommended that you begin immunotherapy (allergy drops/SLIT) based on your allergy skin test results and medical history. This specialized treatment is individually designed for each patient based on the type and severity of their own specific allergic reactions to antigens tested.

**GOAL**

Immunotherapy is the only medical treatment for allergies that is “disease modifying” and can prevent progression of allergy related health problems. The goal of immunotherapy is to decrease long term allergy symptoms and reduce the need for allergy medications. Other potential benefits include the improvement of allergy related diseases, such as asthma, sinus disorders, nasal polyps, ear blockage, post nasal drip, chronic laryngitis and recurrent sore throat. Dozens of research studies show that allergy drops are a safe, effective form of immunotherapy. Allergy drop treatment takes 3-5 years for most patients to complete, however, some patients may respond differently based upon the severity of their allergies. Like injection immunotherapy, a small percentage of patients may not respond well or at all to allergy drop treatment or the allergy drop treatment may even worsen symptoms. Please consult with your physician immediately if this occurs, or if you decide to discontinue treatment for any reason.

**Procedure**

Your sublingual drops will be prepared by our Allergy Department and a nurse will call you to let you know your drops are ready. To start, you will have escalating doses. You will need to come in for two nurse visits. Your first visit, you will be given an escalating bottle with instructions for five days. You will need to return to the office on the sixth day or as soon as possible after the sixth day. The second visit you will be given your maintenance bottle with instructions. You will gradually increase the dosage of allergens until you reach the maximum dosage. Your provider will review your care and authorize your progression. You will be instructed in the administration of drops for home use as well as counseling regarding sublingual therapy. You will be observed administering these drops and subsequently for approximately 30 minutes afterward. You will also be given a log sheet to document the dates you take your drops and these will be reviewed when you return for your next bottle. Once you reach your maintenance dose your treatment remains the same and you will only require nursing visits at your request for questions and concerns.

When you reach your maintenance level, one bottle will contain your 60 day supply.

You will need to schedule a follow up appointment with an allergy provider for approximately 12 weeks after starting your drops. Thereafter, visits with your provider will be scheduled every 6-12 months to evaluate your progress.

**Side Effects**

Although immunotherapy has been proven to be highly effective in treating the underlying cause of allergies, patients on sublingual immunotherapy may experience side effects such as itching of mouth or lips, slight swelling of the tongue, upset stomach or rashes. Please call our office if you experience any symptoms after taking your drops. Adjustment in dosage may be necessary. Serious systemic (anaphylaxis) reactions can occur, but these reactions are rare.

### **Signs of Anaphylaxis**

- 1) Urticaria (hives)
- 2) Angioedema (swelling of any part of the body, such as tongue, lips, throat or face)  
If swelling progresses, the principal danger lies in suffocation due to airway swelling.
- 3) Confusion, diarrhea, nausea and vomiting
- 4) Anaphylactic shock: This is the rarest complication. It is a serious event characterized by wheezing, low blood pressure, unconsciousness and potential death. This event requires immediate use of epinephrine auto injector (Epi Pen) and immediate emergency medical attention (call 911) and proceed to emergency room.

### **Medications and Medical History**

It is your responsibility to let us know if there are any changes in your medications. Some medications may conflict with your immunotherapy protocol and treatment, and potentially have side effects that may cause you harm. We try to take utmost care in providing safe treatment for you, but it is imperative that we know of any changes in your medications or medical treatment/condition.

It is also recommended that you continue all your allergy and asthma medications as previously discussed with your physicians, and stop these only if recommended. It may take allergy drops 6-12 months or longer to be effective in some cases, and continuation of medications is important for your underlying medical condition. Please also be prepared to have your asthma inhaler with you and administer antihistamines (such as Benadryl, Claritin, etc.) at home in case of localized reactions. Patients are required to carry an Epi Pen. It is important to have these on hand, be educated in their use and renew them every year as recommended by the manufacturer.

### **General Guidelines**

Your drops should not be taken if you are ill, if you have a fever, current or recent rash or hives, asthma symptoms, shortness of breath, wheezing, tightness in chest, or recent use of a rescue inhaler. We normally have appointments available for you to be evaluated by a medical provider within 48 hours, if desired. **If you have questions at any time, please contact our Allergy Department at 701-2093. If your call is urgent in nature or after regular office hours please call 701-2000 so your concerns may be addressed by our physician on call.**

### **Directions**

**Drops should be applied under the tongue and held there for two minutes. Swallow the dose afterwards. Please report any symptoms, such as itching in the mouth, swelling under the tongue, upset stomach and rashes, etc. Drops should be discontinued in the presence of any open mouth sores, ulcers, cuts to your mouth, or if you have had recent oral surgery or recent tooth extractions. If you fail to use your drops for 3 days or longer please contact our office for dosage instructions. The drops dispensed to you are for your use only and should not be shared with others since reactions may occur. Please keep your drops out of the reach of children.**

**Consent**

I understand that the administration of my allergy drops may have the ability to cause localized and even rare types of life threatening reactions known as anaphylaxis. Allergy drops rarely may worsen chronic systemic illnesses, such as asthma. The allergy drop schedule may be adjusted based on individual reactions and responses to therapy, trying to maximize therapeutic results while minimizing side effects. Overall, the benefits strongly outweigh any type of risk, and the physicians and staff at Albany ENT and Allergy Services strive to delivery allergy treatments in a safe environment.

Patient Name (print) \_\_\_\_\_ D.O.B. \_\_\_\_\_

Patient/Parent/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

Witness Signature \_\_\_\_\_ 12/2015 Dr. GS/ JB