

Patient Instructions and Consent for Allergen Immunotherapy (Allergy Shots)

Allergy shots (allergen immunotherapy) are utilized to treat your allergy and asthma symptoms. The following information describes immunotherapy in more detail.

Briefly, you will be injected with what you are allergic to in an effort to decrease your symptoms. Your physician will order the vaccine (allergy shots) based on your skin test or RAST test results. It typically takes about 4 weeks for the vaccine to be formulated. You will be contacted when it is ready and arrangements can then be made for your shot appointment if you are receiving them here. If you are going to receive the shots at another physician's office, you must contact that physician to make arrangements **before** the shots are ordered. The vaccine will then be sent to you in the mail and should be refrigerated after you receive it. The box does not have to be refrigerated in the mail. You will then take the box to the administering physician's office.

There are several important points to remember when receiving your allergy shots. 1) There is potential of having an allergic reaction to the shot. 2) Because of this, you must wait in the office for at least 20 minutes after each shot. 3) Our clinic requires that you carry your epinephrine injector with you on the day of your shot. Attached are instructions for using your epinephrine injector. 4) The shot nurse can only administer the allergy shots if you have your epinephrine injector with you. You must show the epi-pen before we can give you your injection. 5) Allergy shots should not be taken when you are having an asthma attack or are sick with a cold, fever or upper respiratory infection.

Please tell the shot nurse if you are taking any new medications, particularly ones for high blood pressure. Once you begin your allergy vaccine you must continue on a regular schedule. **Your safety is our primary concern and if you must stop your shots for any reason, you may be required to begin the build-up process from the beginning again.**

If you develop symptoms following your allergy shots, please contact the shot nurse so your doctor can be notified. The shots are usually given once to three times weekly for the first several months and then spaced out to weekly or monthly. Typically, the treatment course is 3-5 years. Your doctor will schedule follow-up appointments every 6 months or more frequently depending on your symptoms.

Please note: Your vaccines are specially formulated for you and may expire very quickly. Therefore, if you are not able to start receiving your shots immediately or if you have a lapse in the shot schedule, you may not be able to start or resume your shots. To do so may place you at risk of an allergic reaction and therefore we will not be able to administer your vaccine to you. Please advise our office immediately if this is the case.

You will be notified if we have your vaccine and you have not started or resumed your shots in 1 months' time. Please be advised if you have not made arrangements with our office your vaccine will be discarded after 2 months if you have not come in to receive injections. Again, this is due to the risk to your safety and the limited storage space in our clinic.

If you have any questions about your allergy shots at any time, please contact the office at 620-7300, select option 3 and then select option 4

Thank you for choosing the Duke Asthma, Allergy and Airway Center for your healthcare needs. We greatly appreciate the opportunity to provide you with the highest quality healthcare in a safe and caring environment.

I acknowledge that I have read and understand the above information.

Patient's Signature

I have been instructed on the use of my epinephrine injector.

Patient's Signature

Signature of provider/nurse: _____

Date: _____