



ALBANY ENT & ALLERGY SERVICES, P.C.
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Phone (518) 701-2000, Fax (518) 701-2020

Sublingual Immunotherapy (Allergy Drops)

We look forward to helping you treat the cause of your allergies and working toward a better quality of life. Please take a moment to read over the following information:

The substances that trigger a patient's allergies are called allergens. Immunotherapy is a treatment where small amounts of these allergens are delivered by injection (needle) or sublingually (under the tongue via allergy drops) to alter the patient's immunity. Some call this an "allergy vaccine" and the goal is to develop tolerance to the allergens that cause your symptoms.

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.

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.

Getting Started

Your sublingual drops will be prepared by our Allergy Department and a nurse will call you to let you know your drops are ready. Bottles are color coded to track your progress. Each color represents an increasingly graduated dosage of allergens until you reach the maximum dosage. Your provider will review your care and authorize your progression to stronger bottles.

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.

Initially, you will come in to pick up bottles at 21 day intervals. Please call around Day 14 to let us know you will need your next bottle. When you reach your maintenance level, one bottle will contain your 90 day supply. If you have any questions regarding your payments for this service, please contact the Allergy Department at 701-2093.

When you have been on drops for approximately 12 weeks we will schedule an appointment with an allergy provider to evaluate your progress. You may also need to be retested at annual intervals or sometimes more frequently. Annual visits with your Albany ENT provider will be scheduled to evaluate your progress.

Please call the office if you have not taken your drops for three days or longer.

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.

Signature _____ D.O.B. _____ Date: _____

Witness _____ Date: _____

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