

Sublingual Allergy Drops – Build-Up Instructions

This treatment packet includes information that will be important for you as you administer the prescription allergy drops. Please read through all of these instructions before starting your treatment.

Two phases of Allergy Drops Build-Up Phase:

1. **Build-up phase:** Patients will start with small doses of a less concentrated vial and will build-up over 12 days to their target maintenance dose of 6 drops once daily.
2. **Maintenance phase:** During the maintenance phase, patients will give themselves 6 drops once daily in the morning.

Build-Up Phase Instructions - *Congratulations on beginning your new sublingual allergy drops!*

- The first 12 days are your build-up phase. The purpose of the build-up phase is to stimulate your immune system to develop immunity or tolerance to the allergens which are causing your symptoms. The build-up phase begins with a lower dose, then advances to a target maintenance dose of 6 drops once daily.
- Build-up vial will last 6 days. Then start vial #1 as listed in the instructions below.
- Once you get to 6 drops from vial #1, you have reached the maintenance dose. Continue to apply 6 drops under your tongue once daily from this vial until it runs out. This vial will last about 1 month.
- Next, it's time to start your maintenance vials #2 and #3. Continue to apply 6 drops under your tongue once daily until each maintenance vial runs out. Each maintenance vial will last about 1 month.

Build-Up Phase Dosing Schedule:

Build-Up Vial	
Day 1	1 drop under the tongue once daily
Day 2	2 drops under the tongue once daily
Day 3	3 drops under the tongue once daily
Day 4	4 drops under the tongue once daily
Day 5	5 drops under the tongue once daily
Day 6	6 drops under the tongue once daily
Vial #1	
Day 7	1 drop under the tongue once daily
Day 8	2 drops under the tongue once daily
Day 9	3 drops under the tongue once daily
Day 10	4 drops under the tongue once daily
Day 11	5 drops under the tongue once daily
Day 12	6 drops under the tongue once daily
Days 13-30	Continue 6 drops daily until vial finished, approximately 1 month
Maintenance Vials #2 and #3	
Days 1-30	6 drops under the tongue once daily

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Administration of Sublingual Drops

- Drops should be done in the morning at the same time each day.
- Drops should be placed under the tongue and held there for 2 minutes, then swallowed. If local mouth itching occurs and is uncomfortable, then spit out the dose and do not swallow.
- Do not eat anything for 5 minutes after dose.
- Next, if local mouth itching lasts longer than 5 minutes after dosing, take an oral antihistamine. If local mouth itching lasts longer than 30 minutes after taking the antihistamine, call our office.
- If any suspected adverse reactions or systemic allergic allergy symptoms occur, follow instructions below.
- If you miss a dose periodically, do not worry. Follow the missed dose chart.
- If you are unsure of any dosing, please call our office for advice.

Dose Adjustments

Days Since Last Drops:	Dose Adjustment:
Days 2 – 7	Repeat last dose from vial most recently used and then continue advancement
Days 8 – 30	Restart build-up with vial most recently used:
	Day 1 → 1 drop under the tongue once daily
	Day 2 → 2 drops under the tongue once daily
	Day 3 → 3 drops under the tongue once daily
	Day 4 → 4 drops under the tongue once daily
	Day 5 → 5 drops under the tongue once daily
More than 30 days	Call the office for instructions

Types of Possible Reactions Include:

- **Local allergic reaction:** Mouth itching, mild local tongue and/or lip swelling. These can often be treated with oral antihistamines like Zyrtec, Allegra, Xyzal, Claritin, or Benadryl.
- **Systemic allergic reaction:** Rarely, a serious systemic reaction can occur. Symptoms may include itching, hives, nasal congestion, sneezing, coughing, wheezing, possible chest tightness, and/or asthma, among others. In rare cases, reactions can be life-threatening. Serious systemic reactions can occur in people with poorly controlled asthma. Factors that can make severe reactions more likely are intense exposure to pollen during a pollen season and exercising within 2 hours of our drops.
- At first sign of a systemic allergic reaction use your epinephrine auto-injector. Call 911. In 5-15 minutes if symptoms persist or worsen, use your second epinephrine auto-injector according to the instructions on the device. Please call our office soon after to schedule a follow up with your doctor for further evaluation and possible adjustment to your allergy immunotherapy.

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Treatment for Adverse Reactions

Reaction:	Treatment Recommendation:
Itching of mouth	<ul style="list-style-type: none"> ➤ Take an oral antihistamine (Zyrtec) as needed. ➤ No dose adjustment needed
Swelling of lips/tongue without any other symptoms	<ul style="list-style-type: none"> ➤ Take an oral antihistamine as needed. ➤ If symptoms persist or get worse use epinephrine auto-injector and call 911. ➤ Dose adjustment: <ul style="list-style-type: none"> ○ Decrease next dose to last tolerated dose ○ Repeat lower dose x2 days ○ Continue build-up ○ If symptoms continue, call office before taking any more doses
Nausea or cramping	<ul style="list-style-type: none"> ➤ Take an oral antihistamine as needed. ➤ If symptoms persist or get worse use epinephrine auto-injector and call 911.
Hives	<ul style="list-style-type: none"> ➤ Take an oral antihistamine as needed. ➤ If symptoms persist or get worse use epinephrine auto-injector and call 911.
Throat tightness/wheezing	<ul style="list-style-type: none"> ➤ Use epinephrine auto-injector and call 911. ➤ Call our office before taking any more doses

Best wishes for success with your immunotherapy treatment!

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