

## Sublingual Allergy Drops – Maintenance Instructions

### Congratulations on your progress!

As you continue the maintenance phase, please remember the following:

- *Consistency* is the operative word. You must remain consistent with your daily dosing in order for the treatment to be safe and effective.
- Each treatment vial refill consists of 3 identical vials. Start with any one and use until it runs out. Once the vial is empty, discard it and then proceed with the next vial. Each vial will last about 1 month.
- Daily dose is 6 drops, once per day. Drops should be done in the morning at the same time each day.
- Your vials should be kept refrigerated. Avoid extreme heat or freezing of the vials. Vials expire after 60 days at room temperature and after 1 year if consistently refrigerated. Do not use expired drops.
- Do not participate in strenuous activities 30 minutes before and 2 hours after your allergy drops.
- Do not take your allergy drops if you: are having a severe episode of hay fever or asthma without first checking with your doctor, have a bad respiratory infection with a fever over 100.4 degrees F, or have used your albuterol in the past 24 hours (other than as scheduled before activity).
- Do not take your drops on days of dental procedures or if you have any open mouth sores or wounds.
- You are required to have a prescribed up-to-date autoinjector epinephrine (EpiPen or AuviQ) and oral antihistamine available every day when you take your drops.
- For women of childbearing age, notify our office if you become pregnant. Allergy immunotherapy **should not be started or escalated during pregnancy.**
- **Oral beta blockers cannot be taken while on allergy immunotherapy.** Emergency treatment with epinephrine can be less effective when patients are on beta blockers. Let the staff know if you have been diagnosed with a new medical condition or are taking any new medications.
- **Call the allergy department to order your next set of vials when you get ready to start your last vial so your vials are ready for pick up before you run out of your current vials.**
- If you want your allergy vials to be shipped to you, you will be required to pay the costs of overnight shipping.
- If you have any questions about these instructions or your allergy symptoms, please talk to your doctor.

WEST RALEIGH OFFICE  
 4600 Lake Boone Trail, Ste 100  
 Raleigh, NC 27607  
 919.787.1374

CARY OFFICE  
 1505 SW CARY PKWY, STE 301  
 Raleigh, NC 27511  
 919.367.9774

HOLLY SPRINGS OFFICE  
 781 Avent Ferry Rd, STE 300  
 Holly Springs, NC 27540  
 919.781.7171

BRIER CREEK OFFICE  
 10208 CERNY ST, STE 300  
 Raleigh, NC 27617  
 919.354.1290

GARNER OFFICE  
 300 Health Park Dr, Ste 210  
 Garner, NC 27529  
 919.662.8181

WAKE FOREST OFFICE  
 835B Wake Forest Business Park  
 Wake Forest, NC 27587  
 919.556.8454

### 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	<b>Restart build-up with vial most recently used:</b>
	Day 1 → 1 drops 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	
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.

WEST RALEIGH OFFICE  
 4600 Lake Boone Trail, Ste 100  
 Raleigh, NC 27607  
 919.787.1374

CARY OFFICE  
 1505 SW CARY PKWY, STE 301  
 Raleigh, NC 27511  
 919.367.9774

HOLLY SPRINGS OFFICE  
 781 Avent Ferry Rd. STE 300  
 Holly Springs, NC 27540  
 919.781.7171

BRIER CREEK OFFICE  
 10208 CERNY ST. STE 300  
 Raleigh, NC 27617  
 919.354.1290

GARNER OFFICE  
 300 Health Park Dr. Ste 210  
 Garner, NC 27529  
 919.662.8181

WAKE FOREST OFFICE  
 835B Wake Forest Business Park  
 Wake Forest, NC 27587  
 919.556.8454

**Treatment for Adverse Reactions**

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

***Best wishes for success with your immunotherapy treatment!***

WEST RALEIGH OFFICE  
 4600 Lake Boone Trail, Ste 100  
 Raleigh, NC 27607  
 919.787.1374

CARY OFFICE  
 1505 SW CARY PKWY, STE 301  
 Raleigh, NC 27511  
 919.367.9774

HOLLY SPRINGS OFFICE  
 781 Avent Ferry Rd. STE 300  
 Holly Springs, NC 27540  
 919.781.7171

BRIER CREEK OFFICE  
 10208 CERNY ST. STE 300  
 Raleigh, NC 27617  
 919.354.1290

GARNER OFFICE  
 300 Health Park Dr. Ste 210  
 Garner, NC 27529  
 919.662.8181

WAKE FOREST OFFICE  
 835B Wake Forest Business Park  
 Wake Forest, NC 27587  
 919.556.8454