

Allergy & Asthma Specialists, P.C.

www.njallergydoctors.com

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IMMUNOTHERAPY INSTRUCTIONS

Please inform the nurse of all medications you are taking, especially blood pressure medication and eye drops. As your immunotherapy treatment continues, always advise the nurse of any new medications you are taking.

- 1. Notify nurse if arm swelling, redness or increased allergic symptoms followed your last allergy injection.**
- 2. If you have cold symptoms or increased allergy symptoms such as hives, wheezing, cough or increased nasal congestion please call and cancel your appointment. We usually do not give injections in these situations.**
- 3. Avoid strenuous exercise one hour before and one hour after an injection.**
- 4. Avoid such activities as mowing grass or working in areas where there would be increased exposure to pollens.**
- 5. Weekly visits for about 7 months. After 7 months your appointments will be every 4 weeks for 5 years.**
- 6. Patient needs to stay in the office for 20 minutes after each injection so the nurse can monitor any reactions.**
- 7. Try to keep your scheduled appointment time.**
- 8. You can continue to take your allergy medications if needed while you are getting allergy injections.**