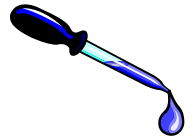


**Southwest Allergy and Asthma Associates, P.A.**

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Find this handout and other educational information at [www.elpasoallergy.com](http://www.elpasoallergy.com)



**Sublingual immunotherapy** is given by placing drops which contain the allergens you are most allergic to under your tongue, held for a few seconds and then swallowed on a daily basis. This is the injection free way to take your immunotherapy in the comfort of your own home.

- Injection free! No shots, great for children
- Done at home. No trip to the doctor's office
- Decreases the chance of future allergies and asthma
- Can begin two months before the pollen season for patients with spring or fall allergies or used year round for chronic allergy sufferers.
- Not covered by insurance in the United States, however the price is similar to most patient medication co-pays.

### **Patient instructions**

- No eating for 5 minutes after dosing.
- **Hold the solution under the tongue for 1 minute then swallow it**
- Do not take if you have any open sores in your mouth or dental surgery
- All doses should be taken in the morning.
- Keep drops **refrigerated**.

**Reactions** – Please contact the office if you experience any of the following after taking your allergy drops

If the following occur reduce the dose by one drop for one week

- Stomach upset
- Runny nose
- Itching of the mouth usually under the tongue

### **Severe adverse reactions**

- Swelling of the tongue or lips
  - If the swelling of the tongue or lips is mild the patient should take a daily antihistamine. If severe, the drops should be discontinued.
- Shortness of breath or anaphylaxis
  - Severe allergic reactions are extremely rare, if this occurs the drops should be discontinued.