

BRANFORD PEDIATRICS & ALLERGY, P.C.

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IMPORTANT THINGS TO KNOW WHEN BEGINNING ALLERGY SHOTS

1. Allergy shots are 85-90% effective.
2. A total of a **4-year course** of allergy immunotherapy (shots) is recommended. This is a commitment of both time and effort, so please discuss and ask questions before deciding.
3. Once allergy shots are begun, it is very important to stay with the course and not have interruptions of more than a week or two.
4. Allergy immunotherapy begins with a building phase of **weekly shots for 18 weeks** (4 ½ months) then moves to every 2weeks for 2 shots then every 3weeks for 2 shots. The **maintenance phase is monthly** for the remainder of the 4 years.
5. When doing weekly shots, they do not have to be the same day each week as long as there are at least 48 hours between shots.
6. There is a **30-minute wait after EVERY shot** for safety purposes. A patient over 16 years of age may come alone, however the wait will be 45 minutes.
7. We recommend an auto injectable epinephrine device be carried to and from each allergy shot for safety purposes. However, this is not required by the guidelines and is your choice.
8. Asthma must be well controlled at the time of the allergy shot; therefore there must be no asthma symptoms and no rescue inhaler use (albuterol or Xopenex) for the past 48 hours. This is to reduce the risk of systemic reaction. This does not include inhaler use prior to exercise/sports.
9. Patients should put 2 hours between an allergy shot and strenuous activity or exercise.
10. It usually takes a few months before the shots begin to provide relief of allergy symptoms although some patients notice a difference after just a few shots.
11. Patients should continue allergy medicine until discussed at the first follow up visit.
12. Appointments for allergy shots should be made in advance with Susan Judge, the receptionist for the allergy department.
13. We ask that patients come for **follow up visits every 6 months** so that we can monitor the progress.
14. You will be billed for the entire series of allergy extracts in the beginning and again each time they are made (approximately every 8-10mths). At each allergy shot, you are billed only for the administration of the shot.

If you have any questions or concerns, please contact us at 203-481-0566.