



ASTHMA & ALLERGY CENTER

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Safety Information & Instruction Sheet for Patients on Allergy Injections

1. Injections must be given in a medical office where facilities and trained personnel are available to treat serious allergic reactions.
2. You must stay in the doctor's office for 30 minutes after getting your injection to ensure that you are not having an allergic reaction. These reactions can occur with any dose, even if you have been on injections for years and have never had a reaction. While they can occur up to two hours after the injection, most occur within the first 30 minutes. You must not leave the doctor's office earlier than the recommended 30 minutes.
3. Symptoms of a reaction may include one or more of the following: generalized itching, hives, itchy eyes, nose or throat, runny nose, nasal congestion, tightness in the throat, cough, wheezing, chest tightness, nausea, faintness, lightheadedness. Immediately report these or any other symptoms to the nurse. Early treatment of allergy reaction is absolutely essential. If you experience these symptoms after leaving the doctor's office, immediately return. If the symptoms are severe, or the office is too far or likely to be closed, call 911, or proceed to the nearest emergency room. At the same time, take an extra dose of your antihistamine (or Benadryl 25 mg) and your asthma rescue inhaler if you have one.
4. Parents must educate their children to recognize the above symptoms. Injection site of children must be checked by nurse before they leave the doctor's office.
5. **Before you get an injection you must inform the nurse if:**
 - a. You had a local reaction larger than 2 inches or any systemic symptoms after your last injection.
 - b. You have any acute illness with fever on the day of injection.
 - c. You are wheezing or your asthma is worse than baseline on the day of injection.
 - d. You have started taking any new medications especially Beta Blockers (which are usually prescribed for High Blood Pressure, Irregular Heart Beat, Glaucoma and Headache) and ACE inhibitors (which are usually prescribed for High Blood Pressure).
 - e. You may be pregnant.
 - f. You are more than one week late for your injection.
7. Do not exercise immediately before and for two hours after your injection as it increases your risk of reaction.

Above discussed and questions answered.

I understand the above instructions and my questions and concerns have been answered.

MD / PA / NP

Patient / Parent / Guardian

Date