INSTRUCTIONS FOR ALLERGY (IMMUNOTHERAPY) PATIENTS

Student Health (SH) administers allergy shots/immunotherapy as a service to our students. We do not have an "Allergist" on-staff so all allergy testing, mixing of extract(s), immunotherapy education and instruction, and the very first shot(s) of your extract(s) MUST be done by your local allergist. SH will store your extract(s) in our temperature-monitored refrigerator, administer your allergy shots under a physician’s supervision, and provide emergency treatment in case of a reaction to your allergy shots.

You will need a visit with a SH physician prior to receiving your allergy shots at SH. The physician will review your medical history, allergies, current medication and your allergist’s plan of care. The Physician Information Letter on the SH web site should be completed by your allergist and either faxed to SH prior to your appointment, or you can bring the completed form with you to your appointment. The appointment with the physician can be scheduled any time before your allergy shot(s) are due, or you can schedule an appointment with the physician followed by an appointment in the allergy shot clinic. A consent to receive allergy injections at SH will need to be signed by you at the first visit. You will also need to sign forms so that SH may obtain and/or release medical information to your allergist.

WE REQUIRE THAT YOU HAVE AN “EPI-PEN” AND CARRY IT WITH YOU ON THE DAY YOU RECEIVE ALLERGY INJECTIONS. This is to protect you in the rare event of a delayed severe/systemic reaction after you leave our clinic. If you do not already have an Epi-Pen, the physician will provide you with a prescription. Students who do not have their Epi-Pen with them will either need to reschedule later that day or another day.

Fees: There is a fee for each allergy visit. The allergy extract administration fee may be billed to your health insurance, charged to your U-Bill, or paid in cash. If you have questions about whether charges at SH will be covered by your insurance, contact your insurance company directly at their toll-free number on the back of your card.

Appointment Procedure
1. Use MyChart to schedule your appointment online: https://mychart.uihealthcare.org/mychart/
2. Call (319) 335-8394 during business hours or stop by the “Reception” desk to set-up your allergy injection appointments.
3. You may schedule appointments for the entire semester or one at a time (according to your preference).
4. Please allow 45 minutes for each appointment. Medications, drug allergies and questions on health status will be reviewed at each visit.
5. Please stop at Reception to check-in before every appointment. You will need to verify demographic and insurance information at each visit.
6. For your safety, all patients are required to wait at SH a minimum of 30 minutes after injections and to check out with the allergy nurse before leaving the clinic. The nurse will inspect the injection site(s) and record any local reaction. If you have a history of adverse reactions, you may be asked to wait longer.
7. Arrange allergy shot appointments so that you avoid strenuous activity and the use of alcohol just before and for 2 hours following an injection. Physical activity, which causes increased blood circulation, may result in rapid allergy antigen absorption and possibly produce a reaction.
8. Do not interrupt your allergy shot schedule for a minor illness, mild upper respiratory symptoms, or use of anti-allergic medications. If you are feeling ill on the day of your allergy visit, please inform the allergy nurse. If you have any questions about whether you can receive your injection, call the allergy nurse at 319-335-8365 or Nurse Line at 319-335-9704 to discuss your concerns.

Contacting your Allergist
We may need to contact your allergist to clarify or adjust dosages, or to request additional information. If a new order is needed, we require these orders be signed by your allergist and faxed to SH or we must speak with the allergist directly.

Allergy Clinic Hours - by appointment only: Monday through Thursday: 8:15-11:00 AM, and 1:00-4:00 PM; Friday 9:45-11:00 AM, and 1:00-4:00 PM
on the telephone. We CANNOT receive telephone verbal orders from the nurse or office staff. In some cases, this may cause an additional delay in receiving your allergy shots.

**Missing Appointments**

If you are unable to keep an appointment, please call as far in advance as possible. If you do not call by 8:00 AM on the day of your appointment, you will be assessed a $15.00 charge. Call (319) 335-8394 anytime to cancel. If you reach voice mail, please leave a message. The date and time are automatically recorded with the message.

Keep in mind that the success and effectiveness of your immunotherapy program depends on YOU adhering to your allergist’s recommended schedule as much as possible.

**Allergy Shot Reactions**

Some local reaction (itching, redness, and swelling) at the injection site is common. If any local reaction is noted at the site, you will be given instructions regarding treatment. Make sure to report any reaction to the allergy nurse. The nurse will follow your physician’s guidelines for future dosage adjustments.

Severe reactions are much less common than local reactions, but they require immediate treatment as they can be life-threatening. These may occur within the first 30 minutes of an allergy injection, but they can also begin several hours after your shot(s).

- Signs and symptoms of severe/systemic reactions include:
  - Any symptom that occurs at a location other than the injection site(s), including itching and/or hives
  - Sudden onset of frequent sneezing
  - Sudden onset of moderate to severe nasal congestion
  - Chest congestion, difficulty breathing, wheezing
  - Swelling of the tongue or throat
  - Abdominal cramping
  - Light-headedness or dizziness

Any student who has a severe/systemic reaction while in our clinic will be treated emergently (with Epi-Pen and/or other emergency drugs) and referred to the UIHC Emergency Department for further evaluation, treatment and observation. We will only continue future immunotherapy after consultation with your allergist/UIHC allergist, and with approval from the SH allergy MD or their designee.

**If you experience a severe/systemic reaction after you leave SH:**

- Use your Epi-Pen
- Go to the nearest Emergency Room or call 911 for an ambulance

Notify your allergist AND the SH Allergy Nurse at 319-335-8365 or 319-335-9704 if you experience and are treated for a severe/systemic reaction. Your allergist may want you to have an evaluation before receiving any more shots. SH will also require updated instructions from your allergist before proceeding with future immunotherapy in our clinic.

**“Beta Blocker” Medications**

You should not take “beta-blocker” medications while receiving immunotherapy, because they can block the effects of epinephrine (Epi-Pen), which you may need to treat a severe reaction to your injection(s). Beta-blockers are used in the management of cardiovascular disorders such as high blood pressure, chest pain, heart arrhythmias, heart attacks, and heart failure. They are also prescribed to control symptoms during alcohol withdrawal, anxiety states, hyperthyroidism, and tremor; to prevent migraine headaches; and bleeding associated with liver disease. Some beta-blockers are prescribed as eye drops to reduce intra-eye pressure in glaucoma and ocular hypertension. Please talk with the SH nurse or provider if you are unsure if any of your medications are considered a “beta-blocker”. Common betablockers are Propranolol, Atenolol, Inderal, Labetalol, Lopressor, and Metoprolol.

**Academic Breaks**

If your schedule requires an injection during a period of time when you are away from campus, the following instructions apply:
1. Notify an allergy nurse so that you may pick up your allergy extract(s) and instructions. Make plans to safely store and refrigerate your extract(s). Do not freeze extract(s).

2. When you return to campus, bring your refrigerated extract(s), instructions and documentation. This should include injection dates, dosages given, and signature of the physician or nurse who administered the injections.

**Annual Influenza Vaccine**

SH strongly recommends that all students receiving allergy immunotherapy get a flu vaccine every year.

**Disclaimer**

Student Health reserves the right to decline to administer allergy shots to any student who has a perceived higher than average risk for a severe/systemic reaction to immunotherapy or who does not abide by SH instructions/requirements for receiving immunotherapy. Reasons for declination could include, but are not limited to chronic lateness for injections, refusing to remain at Student Health for 30 minutes following allergy shots, and leaving SH during the 30 minute wait period.