**INSTRUCTIONS FOR PATIENTS RECEIVING ALLERGY INJECTIONS**

1. Campus Health Services (CHS) administers allergy injections by appointment only.
2. You must schedule an intake appointment with a nurse prior to getting your injections at CHS.
3. **You must receive your first injection at your allergist’s office**. CHS will not *initiate* antigen therapy for the patient.
4. Your allergist’s prescription and injection schedule will be followed as closely as possible. If reactions are a problem or too much time has elapsed between injections, your schedule may have to be adjusted (with your allergist’s involvement).
5. Specific instructions and information are expected from your allergist before the nurse will give injections. If we do not have the necessary information, your care may be delayed until we receive it. It is **your** responsibility to obtain this information. The necessary form can be found on the Campus Health website or at the clinic.
6. You remain at CHS at least 30 minutes after your injections – or longer, if specified by your allergist. Injections will not be given if you cannot wait for this amount of time. Let your nurse know immediately if you begin to have allergy symptoms, swelling, difficulty breathing, or anything else that seems unusual to you. A nurse will check your injection site(s) before you leave.
7. If you have any problems after leaving CHS, inform your nurse before receiving your injections at your next visit. Generally, a local should not occur more than two (2) hours after injections. If you have a life-threatening reaction, call 911 or 3-3000 (on campus).
8. Avoid heavy exercise for two (2) hours **before** and **after** allergy injections.
9. Never go longer than the recommended schedule between injections as this may disrupt your therapy.

1. When vacation or school breaks approach, it is **your** responsibility to make arrangements to take your antigens and schedule with you. Speak with your allergist about preferences for storage and shipping (antigens should be kept cold). If your

allergist *requires* that CHS ship your antigens directly to their office, you will be responsible for shipping costs.

1. Contraindications to receiving an allergy injection include:
	* Taking a beta-blocker medication in any form. If you are newly prescribed a beta-blocker medication, notify your allergist right away as these are incompatible with allergy injections. See separate form.
	* Fever of 100⁰F of higher.
	* Severe wheezing attack
	* Other injections in the preceding 48 hours. In the event that allergy symptoms develop, it is difficult to determine if the allergy shot or the other injection is responsible. Please inform your nurse if you have received another injection.
2. Antigens not picked up by the patient at the end of the semester or school year will be discarded at their expiration date.
3. Reordering of antigens will be done by the CHS allergy nurse when necessary. It is expected that these will be shipped to your address for you to bring to the clinic. Should the allergist have a requirement that does not allow antigens to be shipped to patients, please notify CHS. In such cases, it must be communicated with the allergist’s office that we are unavailable to accept delivery on weekends and certain holidays; therefore, antigens should be shipped via Fedex early in the week. CHS will not assume any financial responsibility for antigens that have not been shipped or packaged correctly.