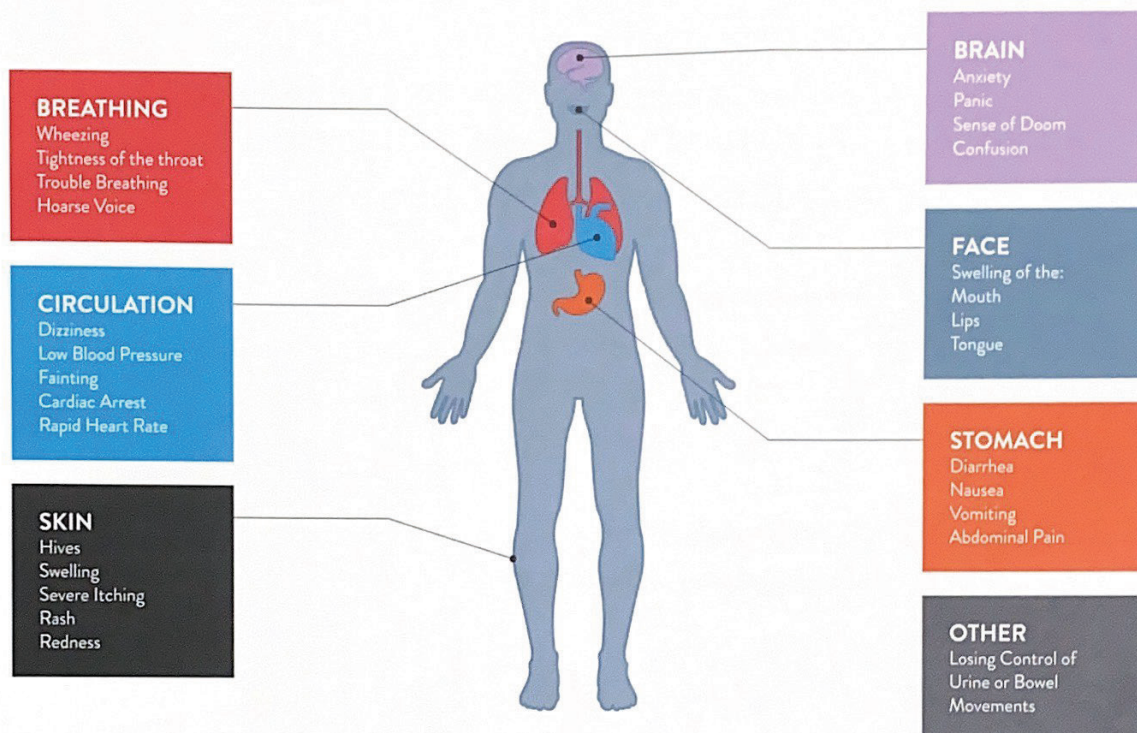


# **Allergy Immunotherapy Information**



## SYMPTOMS OF ANAPHYLAXIS

Anaphylaxis is a serious allergic reaction that can quickly progress after initial symptom onset. Only a few symptoms may be present and some can be life-threatening. Symptoms include<sup>1</sup>:



It is important to **recognize** the signs and symptoms of anaphylaxis and **respond quickly!**  
Always avoid known allergens and make sure you have access to your AUVI-Q®.  
If you suspect anaphylaxis, administer AUVI-Q and call 911 immediately for emergency assistance.<sup>2</sup>



Ask your doctor if AUVI-Q is right for you and for more information about AUVI-Q, please see the Patient Information and full Prescribing Information.



SEE HOW AUVI-Q WORKS  
Scan QR code to  
watch training video

### Indication

AUVI-Q® (epinephrine injection, USP) is a prescription medicine used to treat life-threatening allergic reactions, including anaphylaxis, in people who are at risk for or have a history of serious allergic reactions.

### Important Safety Information

AUVI-Q is for immediate self (or caregiver) administration and does not take the place of emergency medical care. Seek immediate medical treatment after using AUVI-Q. Each AUVI-Q contains a single dose of epinephrine. **AUVI-Q should only be injected into your outer thigh, through clothing if necessary.** If you inject a young child or infant with AUVI-Q, hold their leg firmly in place before and during the injection to prevent injuries. Do not inject AUVI-Q into any other part of your body, such as into veins, buttocks, fingers, toes, hands, or feet. If this occurs, seek immediate medical treatment and make sure to inform the healthcare provider of the location of the accidental injection. Only a healthcare provider should give additional doses of epinephrine if more than two doses are necessary for a single allergic emergency.

Please see additional Important Safety Information on back page and full Prescribing Information and Patient Information at [www.auvi-q.com](http://www.auvi-q.com).

For general educational purposes only. Please consult your healthcare provider about your health and/or treatment.



**ADVANCED ALLERGY & ASTHMA CARE, PLLC.**

Rima Sanka, D.O.

Latha M. Chamrathy, M.D.

Melissa Swertfeger, APRN

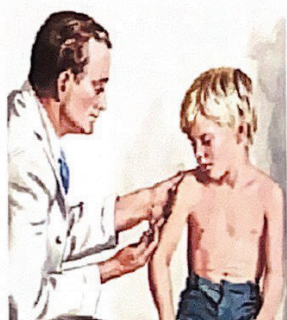


Phone: (727) 544 8100

Fax: (727) 544 8200

[www.allergydoc.us](http://www.allergydoc.us)

Immunotherapy builds up your tolerance to specific allergens

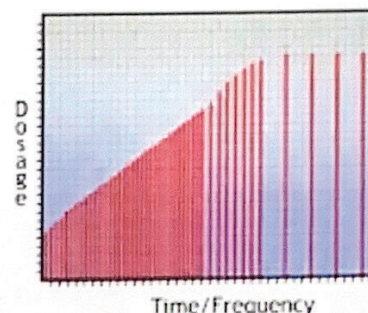


## IMMUNO THERAPY

*When symptoms are severe and medications fail, allergy shots offer long-term relief.*



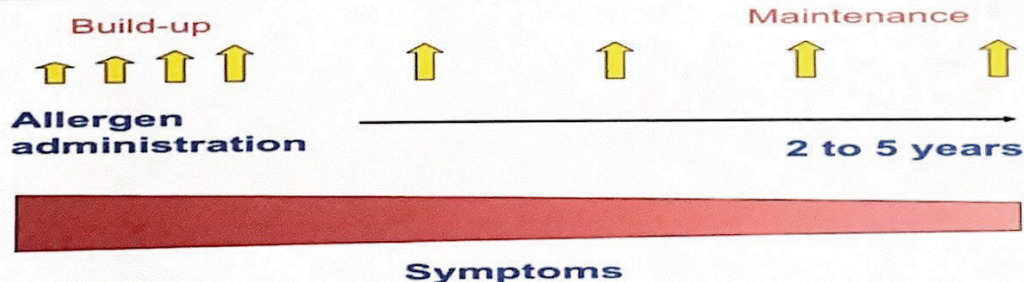
Allergen  
vial



ADAM

### Immunotherapy schedule and dosing: weekly BUILD UP then MAINTENANCE phase

Vial 1 (SILVER)	Vial 2 (BLUE)	Vial 3 (GREEN)	Vial 4 (YELLOW)	Vial 5 (RED)
0.05 ml	0.05 ml	0.05 ml	0.05 ml	0.05 ml
0.1 ml	0.1 ml	0.1 ml	0.1 ml	0.1 ml
0.2 ml	0.2 ml	0.2 ml	0.2 ml	0.2 ml
0.3 ml	0.3 ml	0.3 ml	0.3 ml	0.3 ml
0.4 ml	0.4 ml	0.4 ml	0.4 ml	0.4 ml
0.5 ml	0.5 ml	0.5 ml	0.5 ml	0.5 ml



After reaching your effective maintenance dose, your shots will be gradually spaced out to every 2-6 weeks, for the next 3-5 years.



## ADVANCED ALLERGY AND ASTHMA CARE, PLLC

### IMMUNOTHERAPY PATIENT INFORMATION

**SHOT SCHEDULE:** One visit per week for 28 weeks OR two visits per week for 12 weeks and then weekly for 6 weeks. Once your maintenance (highest) level is achieved, the shots will be spaced apart 2 weeks (x2), then 3 weeks (x2), then every 4 weeks from then on.

If you are late for your shot ( more than 14 day between shots), you might have to repeat your last dose or reduce it depending on how late you are. If you are sick with a fever or asthma exacerbation (wheezing) you may not receive you shot. If you are not sure, you can ask the nurse or seen the doctor.

**YOU MUST REMAIN IN OUR OFFICE FOR 30 MINUTES AFTER YOU SHOT FOR OBSERVATION. The injection site will be checked before you leave.**

It is not unusual to experience (palm-sized as long as it doesn't go past the shoulder and the elbow) redness, itching and/or swelling at the injection site. We recommend taking an antihistamine before your allergy shot to help alleviate such reactions. Some examples of common antihistamine are Claritin, Allegra, Zyrtec, Xyzal, Alavert, and Benadryl.

In the **RARE** (less than 1%) event that a more serious reaction to you allergy shot should occur, such as a "**SYSTEMIC REACTION**" or "**ANAPHYLAXIS**", we can treat you with the necessary medication in the office. Some early signs of a systemic reaction are:

- Itching and tightness of the throat**
- Increased nasal or chest congestion**
- Coughing or wheezing**
- Feeling faint or suddenly nauseated**
- Hives or generalized itching**

If any of these symptoms should occur while you are still in our office please inform staff member immediately so you can be evaluated and treated by the doctor.

**\*\*\*** Should this type of reaction occur **AFTER** you left our office you should call **911 IMMEDIATELY** to be evaluated and treated by trained professionals.

## **LOCAL REACTIONS TO ALLERGY SHOTS**

1. AFTER AN ALLERGY SHOT IT IS **NORMAL** TO EXPERIENCE A LOCAL REACTION AS FOLLOWS...

*ITCHING, SWELLING, REDNESS* AT INJECTION SITE...

PLEASE NOTE: AS LONG AS THE REACTION IS **NOT ABOVE THE SHOULDER OR BELOW THE ELBOW**, IT IS CONSIDERED **NORMAL** AND DOES NOT INDICATE A SYSTEMIC REACTION.

2. TO HELP REDUCE ITCHING AND SWELLING PLEASE TRY THE FOLLOWING:

1. ICE PACK
2. ANTI-ITCH CREAM (BENADRYL, SARNA, ITCH-X)
3. 1% HYDROCORTISONE (OVER THE COUNTER)
4. ASK NURSE TO GIVE SHOT IN A DIFFERENT SITE (IE. LEGS, ABDOMEN)
5. IF NONE OF THE ABOVE HELP, WE MAY REDUCE THE DOSE OR USE BENADRYL RINSE OR EPINEPHRINE RINSE (ASK YOUR NURSE).

\* IF YOU'RE NOT SURE OR STILL CONCERNED ABOUT THE REACTION OR IF YOU'RE HAVING OTHER SYMPTOMS PLEASE CALL OUR OFFICE 727-544-8100.

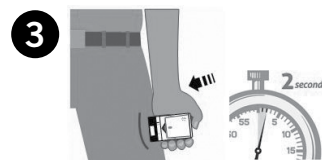
**OUR DOCTORS ARE ON CALL 24 HOURS A DAY FOR EMERGENCIES!**





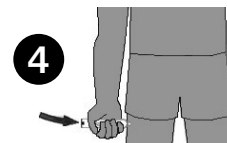
## HOW TO USE AUVI-Q® (EPINEPHRINE INJECTION, USP), KALEO

1. Remove Auvi-Q from the outer case. Pull off red safety guard.
2. Place black end of Auvi-Q against the middle of the outer thigh.
3. Press firmly until you hear a click and hiss sound, and hold in place for 2 seconds.
4. Call 911 and get emergency medical help right away.



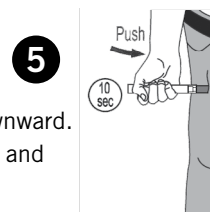
## HOW TO USE EPIPEN®, EPIPEN JR® (EPINEPHRINE) AUTO-INJECTOR AND EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF EPIPEN®), USP AUTO-INJECTOR, MYLAN AUTO-INJECTOR, MYLAN

1. Remove the EpiPen® or EpiPen Jr® Auto-Injector from the clear carrier tube.
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward. With your other hand, remove the blue safety release by pulling straight up.
3. Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
4. Remove and massage the injection area for 10 seconds. Call 911 and get emergency medical help right away.



## HOW TO USE IMPAX EPINEPHRINE INJECTION (AUTHORIZED GENERIC OF ADRENALCLICK®), USP AUTO-INJECTOR, AMNEAL PHARMACEUTICALS

1. Remove epinephrine auto-injector from its protective carrying case.
2. Pull off both blue end caps: you will now see a red tip. Grasp the auto-injector in your fist with the red tip pointing downward.
3. Put the red tip against the middle of the outer thigh at a 90-degree angle, perpendicular to the thigh. Press down hard and hold firmly against the thigh for approximately 10 seconds.
4. Remove and massage the area for 10 seconds. Call 911 and get emergency medical help right away.



## HOW TO USE TEVA'S GENERIC EPIPEN® (EPINEPHRINE INJECTION, USP) AUTO-INJECTOR, TEVA PHARMACEUTICAL INDUSTRIES

1. Quickly twist the yellow or green cap off of the auto-injector in the direction of the "twist arrow" to remove it.
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward. With your other hand, pull off the blue safety release.
3. Place the orange tip against the middle of the outer thigh at a right angle to the thigh.
4. Swing and push the auto-injector firmly into the middle of the outer thigh until it 'clicks'. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
5. Remove and massage the injection area for 10 seconds. Call 911 and get emergency medical help right away.



## HOW TO USE SYMJEPI™ (EPINEPHRINE INJECTION, USP)

1. When ready to inject, pull off cap to expose needle. Do not put finger on top of the device.
2. Hold SYMJEPI by finger grips only and slowly insert the needle into the thigh. SYMJEPI can be injected through clothing if necessary.
3. After needle is in thigh, push the plunger all the way down until it clicks and hold for 2 seconds.
4. Remove the syringe and massage the injection area for 10 seconds. Call 911 and get emergency medical help right away.
5. Once the injection has been administered, using one hand with fingers behind the needle slide safety guard over needle.



## ADMINISTRATION AND SAFETY INFORMATION FOR ALL AUTO-INJECTORS:

1. Do not put your thumb, fingers or hand over the tip of the auto-injector or inject into any body part other than mid-outer thigh. In case of accidental injection, go immediately to the nearest emergency room.
2. If administering to a young child, hold their leg firmly in place before and during injection to prevent injuries.
3. Epinephrine can be injected through clothing if needed.
4. Call 911 immediately after injection.

**OTHER DIRECTIONS/INFORMATION** (may self-carry epinephrine, may self-administer epinephrine, etc.):

Treat the person before calling emergency contacts. The first signs of a reaction can be mild, but symptoms can worsen quickly.

## EMERGENCY CONTACTS — CALL 911

RESCUE SQUAD: \_\_\_\_\_

DOCTOR: \_\_\_\_\_ PHONE: \_\_\_\_\_

PARENT/GUARDIAN: \_\_\_\_\_ PHONE: \_\_\_\_\_

## OTHER EMERGENCY CONTACTS

NAME/RELATIONSHIP: \_\_\_\_\_ PHONE: \_\_\_\_\_

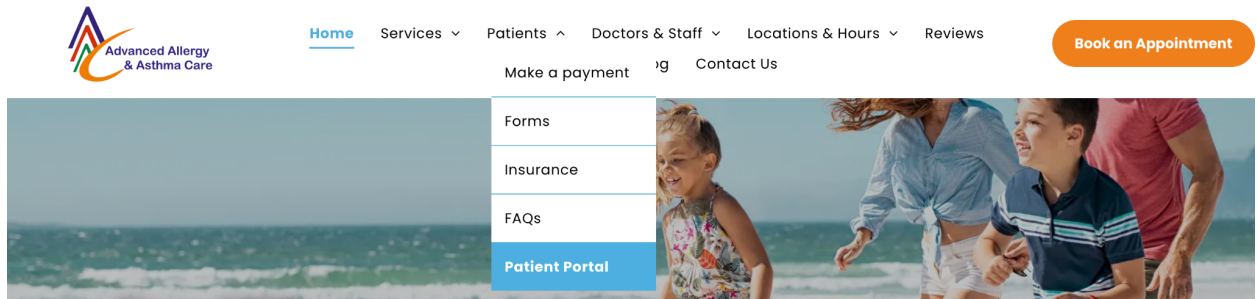
NAME/RELATIONSHIP: \_\_\_\_\_ PHONE: \_\_\_\_\_

NAME/RELATIONSHIP: \_\_\_\_\_ PHONE: \_\_\_\_\_

## Hey patients! Want to save time? It's as easy as 1,2,3!!!

While you are waiting, set up your Advanced Allergy and Asthma Care **Patient Portal!**

1. Go to our website: [www.allergydoc.us](http://www.allergydoc.us)
2. Click on Patients, select "Patient Portal" from the dropdown (4th one).
3. If you are a current patient of our practice, select EXISTING PATIENT.



\*For SHOTS, make sure you are under the REQUEST tab then click the calendar to select an appointment.

Select the correct office location (ST shots, NPR shots, DD shots, PP shots).

**Now enjoy access to:**

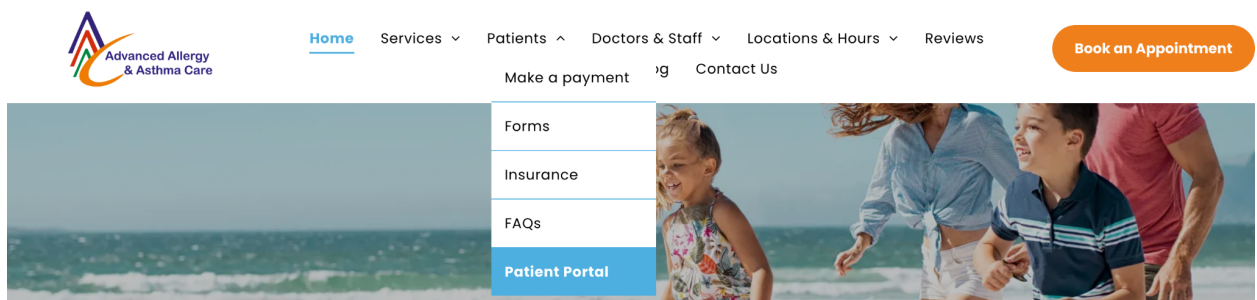
- Request NEW appointments, Cancel or View future appts
- Clinical summaries. Skin tests. Lab results.
- Billing statements, Pay your balance.

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