

INSTRUCTIONS FOR RUSH IMMUNOTHERAPY

Allergen immunotherapy performed by a rush desensitization protocol (R.I.T.) offers a number of advantages over traditional allergy shot protocols, including faster relief from allergies and fewer setbacks due to asthma or shot reactions. Because of the complexities and potential risks involved in R.I.T., you should review the following information with our allergy nurse prior to scheduling this procedure.

- 1) We will need to obtain pre-authorization from your insurance company prior to scheduling R.I.T. Our insurance specialist will be happy to assist you with this matter. Please note that charges for this procedure do not include the cost of the allergy extract.
- 2) You will need to review and sign a statement of informed consent prior to scheduling R.I.T. Please direct any questions regarding this information to the nurse or physician.
- 3) We need to check pulmonary function test (PFT's) 5-7 days prior to the scheduled procedure. We may have to postpone R.I.T. if the PFT's are less than 80% of predicted. If PFT's are acceptable, you will be given prescriptions for pre-medications (prednisone, antihistamine, Singulair, and Zantac) to be started 3 days prior to the procedure.
- 4) The R.I.T. procedure is administered in our office from 8:00am to 4:00pm on a date selected by you and the nurse. A total of 6-8 allergy shots are given at 30 to 60 minute intervals. In order to reduce the risk of a severe allergic reaction, the following precautions will be necessary:
 - An IV will be placed in your hand or arm. This will permit prompt administration of medications in the event of a serious allergic reaction.
 - PFT's will be performed prior to commencing with shots.
 - You must remain in the office throughout the entire procedure and be in direct view of an accompanying adult (required for minors) or office staff.

Following completion of the R.I.T. procedure:

- 1) Take the last dose of pre-medications at suppertime. Resume all other medications per your physician's previous recommendations.
- 2) Some patients may experience a delayed onset of hives or other allergic symptoms during the evening following the procedure. Call our office to talk with a physician if you develop such problems.
- 3) Return for your next allergy shot(s) in 3-7 days. Please plan to wait for 2 hours after the first shot(s) in order to be observed for a delayed reaction.
- 4) Return weekly to finish the escalation process and establish a stable maintenance dose, then every 2 weeks thereafter.