

Allergy Injections

What is it?

- **Allergy Shots/Injections** – often recommended by a Health Care Professional when medications fail to adequately control allergy symptoms
 - **Series of Shots/Injections**- containing small amounts of the substances a person is allergic to; after the allergy shots 80 to 90% of patients have less allergy symptoms, some resolve completely
- **Allergy Shots Given** – start with a small dose and advance the dosage until there is a tolerance to large amounts of the extract
 - Given- 1-2 times weekly until a constant dose is achieved,; about 3 to 6 months, then allergies are usually resolved and then injections are given every 2-4 weeks and continued for 3 to 5 years; usually last 10-15 years after the shots have been stopped, sometimes longer
 - Stopped- prior to 3 years, the allergic symptoms return more rapidly
 - Should- remain in the Health Care Providers office for 20 to 30 minutes; if a reaction can be reversed by injectable anti-histamines or epinephrine



Signs and Symptoms:

- **Symptoms**- allergic reaction to the medication, mild to moderate swelling, hives, runny nose, itching of the skin, cough, chest tightness, shock and can be life-threatening

Facts:

- **Allergy Shots/Injections**- have been given for almost 100 years and are FDA approved, do not contain steroids; treated much like a vaccine and fix the underlying problem of allergies; is an infection fighting antibodies against the pet dander, mold, dust and pollen; can last many years even after stop the allergy shots; help to prevent new allergies; reduce the risk of developing asthma in children with nasal allergies



What can I do?

- **See your Health Care Provider**- for more information
- **See a Registered Dietitian**- for help as needed for food allergies

