

Sublingual Immunotherapy



Patient/Vial: _____ DOB: _____ Doctor: _____

ESCALATION SCHEDULE

Directions: The first dose is required to be administered in the office, and you must wait for 30 minutes to watch for signs of an allergic reaction.

After the first dose, please start on Day 2 (VIAL 1) on the chart below, and then move up one additional drop each day.

After reaching Day 6 with no symptoms, you will begin VIAL 2. You will then be starting your first maintenance vial.

Each dose should be taken every morning by applying the drops under the tongue and held there for two minutes. Swallow the dose afterwards.

****If local mouth itching occurs, then spit out the dose.**** Contact our Allergy Department if a local reaction occurs. Please report any symptoms under "Remarks", such as itching in mouth, swelling under tongue, upset stomach, rashes, etc.

VIAL 1	Dose	Date Given	Remarks
Day 1	1 Drop		
Day 2	2 Drops		
Day 3	3 Drops		
Day 4	4 Drops		
Day 5	5 Drops		
VIAL 2			
Day 6	1 Drop		
Day 7	2 Drops		
Day 8	3 Drops		
Day 9	4 Drops		
Day 10	5 Drops		

**Continue taking 0.25 mL (5 drops) once daily from VIAL 2.
Record the Date Given & your Reaction Remarks in the spaces below.**

Date	Remarks	Date	Remarks	Date	Remarks
You now have approximately 2 weeks of drops left. Please call to reorder next vial(s)					

Things to know:

- When you receive new bottles, please verify that the package is yours. Refrigerate bottles.
- Always take the same dose from each vial. We want the vials to empty at the same time.
- **Missed doses:** 1 week – take the next dose as soon as you remember. 2 or more weeks – contact North Atlanta ENT.
- All patients are required to see the doctor twice a year. Your last office visit was _____.
- Call our office to reorder. This allows us at two weeks to mix in time for pick-up.
- Should you have a reaction to your allergy drops (tickle in your throat, itching all over, ect):
 - Take a **Benadryl** (Adult 50 mg or 4 tsp; Child 25mg or 2 tsp) or **Liquid Zyrtec** followed by
 - **Zantac** (Adult 150 mg; Child 75 mg)
- Should symptoms worsen (throat closing up, tongue swelling, tightness in your chest, ect.):
 - **Use your Epi-Pen and Dial 911**