



MIDWEST SINUS-ALLERGY SPECIALISTS

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ALLERGY REACTION PRECAUTIONS

Patients on allergy immunotherapy should be aware of the possible reactions that could occur.

- For **mild reactions** such as redness or swelling at the injection site, headache or nasal congestion we recommend using your antihistamine to provide relief.
- For **stronger symptoms** such as nausea, itchy skin or mild anxiety, we recommend using Benadryl every four to six hours as instructed. It is best to keep Benadryl with you at all times.
- For a **serious or anaphylactic reaction**, you should use an Epi-Pen (a prescription will be given to you). Initially the reaction will start as a feeling of uneasiness, apprehension, and weakness. There may be some swelling of your lips, eyes and tongue, or tightness in the chest . You may have problems breathing or talking.

If this reaction happens, the Epi-Pen should be used and a call to 911 for emergency care should be made immediately.

Anaphylaxis is not common, but can be fatal.

EPI-PEN USE

Always keep a current Epi-Pen where you give your injections. Use caution when handling an Epi-Pen.

If you feel you are having a severe anaphylactic reaction, follow these directions:

1. Remove the pen from the plastic tube.
2. Pull off the gray cap at the end of the pen.
3. Grip the Epi-Pen with your hand.
4. Thrust the Epi-Pen into the side of your thigh, halfway between your knee and hip. It can be administered through clothing.
5. Hold the Epi-Pen in this position for 15 seconds.
6. Call 911. You must be evaluated by emergency personnel.

We need to know if you have had a reaction. Please call to report and discuss your symptoms.