

# ALLERGY & ASTHMA CLINIC

Adult and Pediatric Allergy  
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Diplomate American Board of Internal Medicine  
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Office hours Monday thru Thursday 8:00am to 5:00pm Friday 8:00am to 12:00noon

## Immunotherapy

Immunotherapy or "Allergy Shots" is a form of allergy treatment that reduces allergy symptoms gradually. It is used for patients whose symptoms are not controlled with medications and avoidance. Immunotherapy has been proven to reduce symptoms of hay fever, asthma, and serious reactions to bee stings. Immunotherapy is not effective for food allergy or chemical reactions to irritants such as cigarette smoke, odors or fumes.

The allergy mixture or serum for injection(s) is made specific for each patient based upon skin testing. A year's supply of antigen is made at one time. Injection(s)/shot(s) are usually given weekly, beginning at a low dose and slowly increased to a dose which should maintain control of symptoms (the maintenance dose). Once a patient reaches the strongest dose, shots are spaced out with the patient receiving their injection/shot every 2 to 4 weeks. It may take 7 to 8 months or longer to get to this "maintenance dose."

Often it takes 6 to 9 months to see if the allergy injection(s)/shot(s) are working. Though there is considerable variation between patients, at times, other medication may still be required. If injection(s)/shot(s) are effective, they are continued for approximately 5 years. Each year, a new mixture of serum is made, and evaluation of treatment will be needed with Dr. Amirzadeh.

Allergy shots have some potential side effects. Minor local pain, itching or swelling can occur at the injection site. Rarely, a generalized reaction will occur with hives or flushing. Very rarely a patient may experience anaphylaxis, a generalized reaction in which the throat may swell, there may be wheezing or the blood pressure may fall. This is a very serious reaction, and it is very important that we treat it at once. **This is why the patients must wait 30 minutes after each shot in the doctor's office. The nurse must check your arm(s) before you leave the office.** Allergy shots must be given under the supervision of physician in a facility equipped with proper staff and equipment to identify and treat adverse reactions to allergy injections. If you have questions about this treatment, please ask Dr. Amirzadeh or one of his nurses.

## Cost for Immunotherapy

Cost for serum can vary widely. This variance is dependent upon your personal mix. If you have questions about pricing, please let us know. There is an additional charge for administering injection(s)/shot(s). Our office will bill your insurance, provided that we receive a copy of your insurance card. It is important to also let our billing person know if there are any changes with your health plan coverage. If any changes should come up, we need to have a copy of the insurance card reflecting those changes.

Prior to your initiating immunotherapy treatment, it is important for you to check with your insurance to ensure your plan provides coverage for the antigen serum and shots. Not all plans cover the antigen serum and/or shots. If you wish, we can wait to order the antigen until you have checked with your insurance.

**By signing this form, I am giving my consent to have the serum made for me, and I agree to accept full responsibility for the cost of immunotherapy regardless of insurance coverage. I have been given a copy of this form for my records and have been provided the opportunity to ask questions.**

**Serum extract will not be made until we receive this signed consent from you.**

\_\_\_\_\_  
Print Patients name

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian signature

\_\_\_\_\_  
Relationship to patient

- Copy given to patient \_\_\_\_\_ (Patients initials?)  
 Patient did not want copy \_\_\_\_\_ (Patient initials?)

\_\_\_\_\_  
(Initials of employee)