ALLERGY DROP TREATMENT SCHEDULE & INSTRUCTIONS:

Your set of allergy drops consist of 4 glass vials and 1 sprayer. Your vials are labeled #1, #2, #3 and maintenance. Please help us be environmentally friendly and return your glass vials to the clinic when you pick up your next set of vials. We will refill them for your subsequent set of drops. Should you choose to throw them away, we will bill you for the cost of replacing them. Keep the vial you are using at room temperature and keep the other vials in the refrigerator but do not freeze them.

Our sublingual therapy is administered once per day. It is best administered early in the day, when you are going to be awake for the next few hours. They are most accurately administered while standing in front of the mirror. Starting with the vial labeled “Vial #1”. Take the cap off of the vial and put the sprayer top on it, do not throw away the black cap. Before you administer the first spray you will need to prime the sprayer by pressing it a few times to make sure that the tube inside the vial is full of the serum. Place one spray (each spray will deliver 1 drop of allergy serum) under your tongue and hold the solution in your mouth for one minute before swallowing. Continue with one spray of Vial #1 for the next 6 days (according to the schedule).

On Day 8, administer two sprays of Vial #1 under your tongue (in the same fashion as you did for one spray). Continue with 2 sprays for the next 6 days (according to the schedule). On day 15, administer three sprays of Vial #1 under the tongue. Continue with 3 sprays for the next 6 days (according to the schedule). You may have some solution left in vial #1. Do not discard the solution, put it in the refrigerator with the other vials you are not using.

On day 22, you will switch to vial #2. Remove the cap from vial #2 and place the sprayer top on it. Place the black cap back on vial #1 and remember to store it in the refrigerator. Place one spray under the tongue, hold for one minute. Continue with this schedule increasing to two and then three sprays according to the schedule. On day 43, switch to vial labeled “Vial #3.” Place one spray under the tongue and hold for one minute. Continue with this schedule increasing to two and then three sprays according to the schedule.

On day 64, switch to the vial labeled “Maintenance” and place one spray under your tongue and hold for one minute. Continue with this schedule, increasing to two and then three sprays according to the schedule. When you reach day 78 you will be putting 3 sprays under your tongue. You have now reached your maximum dose and are on your maintenance. Continue with 3 sprays under your tongue every day until the Maintenance vial is empty.
Please call the clinic to place an order for your next set of vials when you are halfway through your maintenance vial. This allows us adequate time to prepare your next vials and avoids any possible interruptions in your treatment. We custom make your allergy drops for your particular needs and do so only on certain days of the week so that we can tend to our allergy shot patients without interruption. Please allow up to 2 weeks after we have received your payment for the drops to be mixed before they are ready to be picked up.

**PLEASE KEEP IN MIND:**

1. We kindly ask your cooperation in completing payment for your next vial before it is mixed. This will help us limit wasted antigens.

2. Please return your glass vials to the clinic when you pick up your refill so that they may be used for your subsequent refill. Should you choose to throw them away, we will bill you for replacement.

3. If at any time you feel that you are having a reaction to your allergy drops or if you have any questions regarding your treatment, please call us at 715-828-2368 and ask for the Allergy Department.

**ALLERGY DROP ESCALATION SCHEDULE**

Below is the usual escalation schedule for allergy drops.

If at any time you have any questions or concerns regarding possible side effects or an increase in your allergy symptoms please call the clinic at 715-828-2368 so we can discuss your concerns with you. We may need to adjust your schedule so do not throw out any of your vials when you finish with the schedule.

You may keep the vial you are using at room temperature and store the rest of the vials in the refrigerator.
START with Vial #1 – Write down the date you start this vial here: _______________________

Vial #1 – Place 1 drop under your tongue daily for 7 days: 1 2 3 4 5 6 7 then
Vial #1 – Place 2 drops under your tongue daily for 7 days: 1 2 3 4 5 6 7 then
Vial #1 – Place 3 drops under your tongue daily for 7 days: 1 2 3 4 5 6 7

You are now done with vial #1. There will be allergy serum left in the vial. Do not discard the vial. Store the vial in the refrigerator. Move on to vial #2.

START Vial #2 – Write down the date you start this vial here: ______________________

Vial #2 – Place 1 drop under your tongue daily for 7 days: 1 2 3 4 5 6 7 then
Vial #2 – Place 2 drops under your tongue daily for 7 days: 1 2 3 4 5 6 7 then
Vial #2 – Place 3 drops under your tongue daily for 7 days: 1 2 3 4 5 6 7

You are now done with vial #2, there will be allergy serum left in the vial. Do not discard the vial. Store the vial in the refrigerator. Move on to vial #3.

START Vial #3 – Write down the date you start this vial here: ______________________

Vial #3 – Place 1 drop under your tongue daily for 7 days: 1 2 3 4 5 6 7 then
Vial #3 – Place 2 drops under your tongue daily for 7 days: 1 2 3 4 5 6 7 then
Vial #3 – Place 3 drops under your tongue daily for 7 days: 1 2 3 4 5 6 7

You are now done with vial #3, there will be allergy serum left in the vial. Do not discard the vial. Store the vial in the refrigerator. Move on to your Maintenance Vial.

Start your Maintenance Vial – Write down the date you start this vial here: ______________

Maintenance vial – Place 1 drop under your tongue daily for 7 days: 1 2 3 4 5 6 7 then
Maintenance vial – Place 2 drops under your tongue daily for 7 days: 1 2 3 4 5 6 7 then
Maintenance vial – Place 3 drops under your tongue daily for 7 days: 1 2 3 4 5 6 7

You are now at your maintenance dose. You will continue with 3 drops daily under your tongue throughout the rest of your allergy treatment.