

## ALLERGY CLINIC PATIENT INFORMATION

**HOURS: Monday-Friday 8-11:30 & 12:45-3:40**

(Allergy injections are not administered during breaks or limited service hours)

### ALLERGY CLINIC

The purpose of the Allergy Clinic is to provide antigen injection services to ASU students.

In order to receive these services you must:

- ❖ Have been tested and treated for allergies by your personal allergy physician;
- ❖ Supply your own, clearly-identified antigen and provide a complete set of physician's orders, written and signed by your attending personal allergy physician;
- ❖ Supply documentation of last allergy shots;
- ❖ Have a short history and vital signs taken by the Allergy nurse during your first visit;
- ❖ Pay the per-visit Allergy Clinic charge

**Charges per visit:** \$ 2/per shot approximately. Health Services will file some insurances for this service. Please check with your insurance company to see if they will cover the expense at our clinic.

### Allergy Injection Procedure

1. Appointment: An appointment should be scheduled for all SHS services including allergy injections.
2. Check In: Present to the reception area and show your AppState student ID card. **No shots will be given without your student ID.**
3. Injection Administration: The nurse will check your records, review your medical history, administer and document your injection(s).
4. Waiting Time:
  - a. After your injection(s), you must wait a **minimum of 20 minutes** in the allergy clinic prior to leaving Student Health Service. This allows ample time to observe for any injection reactions.
  - b. At the end of your waiting time, return to the clinic area. The nurse will look at your arm and check you for reactions. You must have your injection site examined. Just waiting 20-30 minutes is not enough.

### Local Reactions:

**Immediate Reactions:** These may occur at the site of the allergy injection. They may consist of redness, swelling, itching or pain at the injection site. Usually these occur within the first 20 minutes after your injection.

**Delayed Reactions:** Sometimes allergy injection local reactions are “delayed” and occur hours later. If you have a delayed reaction of any sort, you need to tell the allergy nurse prior to receiving any more shots. This information is needed in assisting with the plan for your future allergy injections. Receiving this information as soon as possible will allow our staff to have the most accurate information. If you cannot return to the clinic in within 24 hours of a delayed reaction, we advise you to take a picture of the reaction. It is also helpful to note how long any local reactions last and any treatments you received to decrease the reaction.

### Treatment of Local reactions:

- Apply an over-the counter hydrocortisone cream and/or Benadryl cream
- Applying ice to the injection site for 5 minutes, remove for 5 minutes and reapply if necessary. (Ice is appropriate for swelling the size of a quarter, if swelling is less than this you may choose not to apply ice.
- Take an oral antihistamine if you have not already taken one. (i.e.: Claritin, Zyrtec, Allegra, Benadryl, or chlor-trimeton.) Many of these are available at the AppState SHS pharmacy for a small fee.

**Systemic Reactions:** These reactions usually occur within 20 minutes of the injection, but on rare occasions, may take several hours to occur. Symptoms include: facial flushing (feeling of heat), hives, itching (usually on the hands or feet), wheezing and/or sneezing, tightness of the chest, difficulty breathing, increase in symptoms of hay fever, tingling of the face, lips, ears, or throat, or difficulty swallowing.

**Treatment of Systemic Reactions:** If you experience **two or more of these symptoms, seek emergency treatment immediately.** If you have an antihistamine readily available take one.

### **Emergency Treatment Procedure**

- ❖ Call 911 or go to a nearby Emergency Room
- ❖ Come to Student Health Service Monday-Friday between the hours of 8 am - 4 pm. We can give emergency meds
- ❖ Call the Allergy Nurse that day or the next to report problem and treatment. She will contact your allergist to see how to proceed with your next injections.

### **Remember!!**

Always report any reactions prior to receiving your next allergy injection! The nurse, along with your primary allergy physician, will evaluate your reaction and decide if any adjustments are needed in your allergy injection plan. You can help by providing the following information:

1. What type of reaction did you have?
2. How large was the reaction?
3. How long did the reaction take to develop?
4. How long did the reaction last?
5. How did you treat the reaction? i.e. hydrocortisone cream, Benadryl cream, ice, antihistamines

### **Always inform the nurse prior to your injection if you:**

1. are taking new medication;
2. are on Beta Blockers;
3. have a new vial of medication;
4. have had a fever;
5. have had any difficulty breathing, including asthma attacks
6. have had to use your inhaler;
7. have a rash;
8. are pregnant.

### **Exercise Caution!**

While it is not mandatory that you restrict normal activities, we recommend that you not engage in aerobic exercise for at 1 hour prior and 2-4 hours after your injections. Aerobic activity will increase your circulation. This causes the medication in the shot to get into your body quicker and may increase reactions to your shots.

<http://healthservices.appstate.edu/Allergy>