

Allergy Shot Administration: Patient Information

Congratulations! You have made the decision with your allergy provider here at Quincy Medical Group to treat the cause of your allergy symptoms with allergy shots (aka “desensitization”). The staff here at QMG is completely committed to your needs and continued improvement of your allergy symptoms. The points listed below are some general guidelines to follow, although your provider may have designated other recommendations, as well. We are here to answer your questions in a prompt and professional manner.

Preparing for Your Injection Visit:

Unless instructed otherwise by your allergy provider, always try to remember to pre-medicate with an antihistamine (such as Zyrtec, Allegra, Claritin, Benadryl, etc.) about two hours prior to receiving your injection(s) to help prevent redness, swelling, itching, or other reactions due to the injection.

Automated Card:

At your first visit, our front desk secretary will issue to you a “swipe card”, which is unique to you. Once activated, you will hear a beep when you “swipe in” and the nurse will know that you are ready to receive your injection(s). If you do not hear the beep, please let the nurse know you are here, and we will make sure that the care works properly moving forward.

“Build-Up” Phase:

The first of two phases of your allergy injection sequence is called the “build-up” phase. During this initial phase, you may receive your allergy injection(s) once every 3-7 days. At each injection visit during this phase, you will receive a slightly higher amount of the allergens to which you are allergic. The build-up phase involves approximately 22 injection visits. For example, if you come in once every 7 days, it will take 22 weeks to achieve the top, or “maintenance” dose (discussed below). If you come twice per week, achieving the “maintenance” dose will take approximately 11 weeks.

“Maintenance” Phase:

The second of two phases is called the “maintenance” phase. During this phase, you will receive doses from the most potent vial, or “maintenance dose”. The goal of this phase is to “maintain” the positive effects which were accomplished during the build-up phase. The frequency of your injections during this phase is dependent on your particular pattern of allergic sensitivity and, therefore, may vary from patient to patient. In general, while in the maintenance phase, you should be receiving your injections once every 1-4 weeks.

Recommended Wait Time:

Unless otherwise specified by your allergy provider, we recommend that patients receiving injections ALWAYS stay for a minimum of 20-30 minutes after receiving their allergy injection(s). If an allergic reaction were to occur, this is the most likely timeframe to see such a reaction.



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Delayed, Mild Reactions:

Roughly 1/10 to 1/5 patients have problems with the site of their allergy injection becoming swollen, red, itchy, or hot either right away, or later when you are at home. If this happens, you may apply ice to the area for 10 minutes on and 10 minutes off. You may also apply over the counter hydrocortisone 1% cream. Some itching at the injection(s) site is normal, but try not to scratch the site itself, as it could make the itching and redness worse. If you start itching all over, please notify the nurse as this is possibly a sign of a more severe allergic reaction related to the allergy injection.

Delayed, Moderate-Severe Reactions:

If, after allergy injection(s), you start to experience flushing, severe itching, wheezing, coughing, or shortness of breath, please let the nurse know right away so that further treatment can be given immediately. If your symptoms begin after clinic hours, please contact your allergy provider, or go to the emergency room immediately. If a reaction happens after you leave, please let the nurse know before you receive your next injection(s) as a dosage adjustment may be indicated.

**As always, please contact our office if you have any questions or concerns regarding your allergy shots:
(217) 222-6550, ext. 3380**

**The Doctors and Nurses of the Quincy Medical Group
Allergy Department Thank You!**