

## ALLERGY CLINIC

**HOURS: Monday, Tuesday, Thursday, Friday 8:00 – 11:30 and 1:00 – 3:30**  
**Wednesday 9:00 – 11:30 and 1:00 – 3:30**

### 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 a 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-semester Allergy Clinic charge

### **Charges per semester:**

These charges reflect an approximate price of \$2 per visit

Cost of shots	Twice a week	Once a week	Less than once a week
1 shot	\$60	\$30	\$30
2 shots	\$120	\$60	\$30
3 shots	\$120	\$60	\$30

### **Check-In Procedure**

- 1) Sign in at the Front Desk and show your student ID card. *No shots will be given without an ID.* Immunizations are also given in this area and may already be waiting. During busy times allergy nurse will also triage sick patients.
- 2) The nurse will check your orders, make appropriate documentation in your chart and draw up and inject your antigen.
- 3) Remember: you must wait a minimum of 20 minutes before leaving the clinic area. This allows ample time to observe for any injection reactions. *Students who do not wait will no longer be treated in the Allergy Clinic.*
- 4) 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:** These occur at the site of the injection. They may result in redness, swelling, itching and (occasionally) mild pain at the injection site. Usually these occur in the first 20 minutes. Sometimes they 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. If you don’t the reactions may only get worse.

### **Treatment**

- 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, swelling less than this you may choose not to apply ice.)
- Take an oral antihistamine if not already taking one, such as Claritin, Zyrtec, Allegra, Benadryl, or Chlortimeton. We have some over the counter meds for \$1 in the ASU pharmacy.

**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:** 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
- ❖ Come to Health Service Monday-Friday between the hours of 8 am - 4 pm. We can give emergency meds and breathing treatments.
- ❖ At other times, you may come to the Health Service After-Hours Clinic open from 4 pm – 8pm
- ❖ Report to the Watauga Medical Center Emergency Room or call 911, if occurs after 8 pm.
- ❖ 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 before your next injection!** The nurse will evaluate your reaction and decide whether to repeat, increase, or decrease your dosage of medication. You can help the nurse make her decision 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.

### **Donating Blood**

The blood bank recommends that you wait 72 hours after your antigen injection before donating blood. Be sure to tell blood bank staff that you are taking allergy injections. There is no problem receiving your allergy injections after donating blood.