

ALLERGY INJECTION INSTRUCTIONS

Supplies: Allergy extracts (keep refrigerated). Cotton balls soaked in aqueous zephiran, syringes and sharps container.

Drawing up the extract: Wipe the rubber cap of the vial with aqueous zephiran. Pull back the syringe to 0.10 ml and inject this air into the vial. Draw up 0.10 ml of extract with the syringe. Before removing the needle from the vial, tap any bubbles out of the syringe.

Administration technique: Wipe the injection site with aqueous zephiran; let dry. Administer the injection in the abdomen below the navel. Insert the needle into the skin at a 45-90 degree angle, using a quick popping motion. After you insert the needle draw back slightly on the plunger. If blood is seen, do not inject; discard the needle and start over. If no blood is seen, inject the extract quickly.

Give neutralizing doses daily for the first 6 weeks. Schedule a follow up visit with Dr. Epperly 5-6 weeks following the start of treatment. He will then tell you when or if you may cut back on the injections.

If any symptoms repeatedly begin within 10-30 minutes after injections, be sure to notify the doctor. This could indicate need for retesting.

For Foods only – For the first month or two, try to eat only a little of the foods included in the vials or do a rotated diet described elsewhere in your handouts or one of the recommended books. If you eat too much too soon, injections will not help. After a month or two, gradually increase the amount of foods eaten to the normal amount, providing the vials seem to be preventing symptoms.

Once you are able to tolerate the items in your extract in the normal amount without any difficulty, try using the injections less often. At first try them every other day. In time, some patients seem to need the injections only once every 3-4 days. You will know when you need the extracts (if they really are helpful) because symptoms return when they are needed and stop when they are taken. Some patients find they can stop all shots after 1-2 years of treatment.

If you forget your injections and feel fine, it indicates you are using the them too often. On occasion you should purposely not take your shots for several days to see if you still need them as often as before. Do not completely discontinue drops without discussing with us first.

Patients who are taking extracts for airborne allergens (mold, pollen, dust) and/or chemicals should also have an epi-pen available for 30 minutes following the injection. A prescription is available from our office. It is your responsibility to make sure the date on the epi-pen is current.

Local reaction: Uncomfortable itching, redness and/or swelling larger than a nickel at the site of the injection. (May be caused by failure to dry off the aqueous zephiran before giving the

injection.) Apply a cold pack.

Focal reactions: Symptoms may include itchy eyes, sneezing, runny nose, nasal congestion, cough, wheezing, fatigue, irritability, headache, etc. Please report to our office such reactions and for help in treating them. Do **not** give another dose without checking with our office first.

Systemic reaction: This type is extremely rare when the guidelines of this handout are followed. Symptoms might include a combination of generalized itching, hives, tightening of the throat, severe dizziness, faintness, clamminess coldness, or sweating. These reactions are potentially dangerous and should be treated immediately.

**Do *not* administer any more extract
Use your epi-pen as directed.
Call 911**

Follow up visits: While undergoing treatment through our office you are required to see Dr. Epperly annually.

Call our office to order more serum. Please allow two weeks for reorders.

Be advised that some medications may not be compatible with allergy injections, particularly a class known as Beta Blockers. Please alert our allergy department of any medication changes, including eye drops.

Advanced Integrative Healthcare
William L. Epperly, MD, FAAFP
245 S. Gary Ave Bloomingdale, IL 60108
Tel. 630-893-9661 Fax 630-893-5665
www.DrEpperly.com doctorepperly@yahoo.com