

Sublingual Immunotherapy (SLIT): Instructions for Use

Escalation Dosing

- Vial 1 (once-a-day dosing)
 - Day 1: One (1) drop
 - Day 2: Two (2) drops
 - Day 3: Three (3) drops
 - Day 4: Four (4) drops
 - Day 5: Five (5) drops
 - Change to vial 2 for Day 6
- Vial 2 (once-a-day dosing)
 - Day 6: One (1) drop
 - Day 7: Two (2) drops
 - Day 8: Three (3) drops
 - Day 9: Four (4) drops
 - Day 10: Five (5) drops

How to Administer Allergy Drops

- 1) Place drops UNDER your tongue and count to twenty (20) BEFORE swallowing.
- 2) Use a mirror to see how many drops have been placed under the tongue to avoid dosing mistakes.

Precautions for Reducing Severe Reactions

- 1) Administer the drops while somebody else is with you (whether at home or at work). Drops should preferably be given during the morning hours.
- 2) Keep Benadryl next to your SLIT bottle. A dose of 50mg for an adult or 25mg for a child should be taken IMMEDIATELY if there is any type of reaction. If there is a reaction, notify our office as soon as possible.
- 3) An Epi-Pen injector or the equivalent should ALWAYS be available when taking the drops. Be sure to check the expiration date on the injector. A prescription and instructions for use will be provided to you when your allergy drops are given to you. If you experience any difficulty breathing, wheezing, difficulty swallowing, or hoarseness shortly after taking the allergy drops, you should use the injector.
- 4) If you stop using your allergy drops for multiple days, please notify our office and wait for instructions prior to resuming therapy.

If you develop itching, swelling, sneezing, or any other mild reaction occurs, even if mild, STOP using the drops and notify our office. If the reaction occurs over the weekend, STOP using the drops and call on the first available business day.

If you develop difficulty breathing, severe swelling of the mouth and/or throat, difficulty swallowing, or lightheadedness, CALL 911 and go to the nearest available Emergency Room immediately.