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Tree Pollen Sublingual Immunotherapy Consent

The goal of sublingual immunotherapy (SLIT) is to reduce symptoms associated with allergen exposure by exposing your immune system to incremental doses of allergen, a process known as desensitization. SLIT complements environmental control measures and/or medications. SLIT is a potential option for patients who wish to minimize medications or who have found medications to be inadequate or poorly tolerated.

Sublingual drops are self-administered. The first dose is administered under observation in our office. **Daily** doses are continued at home. The “build-up” phase typically takes about 10 days and ideally begins 3 months prior to peak allergy season. “Maintenance” therapy continues through peak allergy season. We offer sublingual therapy to tree pollen. Peak season for tree pollen in our region is April through May. Therefore, treatment will begin in late January or early February and continue through the beginning of June.

The extracts used to prepare the SLIT drops are only approved for subcutaneous therapy (i.e. allergy shots). Use of the extracts for sublingual administration is “off-label.” Since SLIT is an off-label use of allergen extracts, treatment is not covered by insurance. However, HSA and FSA funds may be used to pay for treatment.

The cost for the spring allergy season is **\$420** for 2.5 Vials. Additional Vials will be \$170 for 15mL. **Payment is due at the time of bottle receipt. No refunds or bottle returns can be accepted once a bottle has been dispensed.**

Safety: As you are receiving extracts to which you are allergic, it is possible that a reaction may occur. Some people experience mild, local side effects. More serious, systemic side effects have been reported.

- **Mild/local:** Lip, mouth, and tongue irritation.
Eye itching, redness and swelling
Sneezing, nasal itching and congestion
Nausea, mild GI upset.

- **More serious/systemic:** Itchy skin, hives.
Coughing, wheezing, throat tightness
Abdominal pain, vomiting

All Patients on Tree Pollen SLIT will be required to have epinephrine prescribed to them.

Systemic reactions can be dangerous. Early recognition is important so that treatment can be implemented. Should symptoms of throat tightness, difficulty breathing, or any other symptoms of a systemic reaction occur, emergency medical treatment should be sought at our office or the nearest emergency room. After you are stabilized, our office should be notified as soon as possible.

If you have asthma, your symptoms should be well-controlled prior to and during treatment. A bronchodilator (e.g. albuterol or levalbuterol) should be available to treat asthma symptoms.

For the best results, you must be committed to your daily treatments.

Please notify our nurse or physician if you are taking any new medications (specifically beta blockers, which are used to treat high blood pressure, heart disease and migraines). Should you become pregnant, therapy may be continued. However, please let us know if you become pregnant. We do not typically start pregnant patients on immunotherapy.

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