

# Allergy Treatment Center

Allergen Immunotherapy Consent Form  
Allergy Treatment Center of New Jersey, P.C.

of New Jersey, PC

Patient Name: \_\_\_\_\_

Allergen immunotherapy has been demonstrated to be very effective in the treatment of allergies of the nose and eyes as well as asthma. More than 80% of allergy patients improve on immunotherapy. Benefits include:

- Reduction in asthma attacks and allergy symptoms, such as sneezing, congestion, itchy eyes, hives, and headaches. Atopic dermatitis may also improve.
- Long lasting effects, for up to 3 years after discontinuation of treatment.
- Prevention of more allergies. Patients on immunotherapy are less likely to develop new and more severe allergies.
- Decreased incidence and severity of asthma.

Allergy immunotherapy is the repeated, controlled administration of specific allergens in incremental doses under medical supervision to boost the body's natural immune response to allergens. The typical treatment schedule is as follows:

#### Build-up

1. Injections every week for the first 9 weeks.
2. Injections every two weeks for 10-12 injections.
3. Injections every two to three weeks, depending on reactions to the treatment, for 10-12 injections.

#### Maintenance

- Injections once a month.
- The duration of treatment and maintenance varies between 3 to 5 years, and can be longer for some patients.

Patients on immunotherapy must adhere to their treatment schedule to maximize benefits. If a patient fails to receive treatment during a period lasting more than 10 days during the build-up stage, the subsequent administered dose will not be increased. The build-up stage will be extended accordingly, in order to avoid serious reactions. This may result in a dose adjustment, for which you may be charged, depending on your insurance. This will also prolong the duration of treatment.

#### Side Effects

The most common side effects to the injections are *local reactions* at the site of the injection, which may include *redness, swelling and itching* for about 1-2 hours. In some cases, the patient may experience some local delayed swelling and soreness for 8-72 hours after the injection. Patients should inform the nursing and /or medical staff of such delayed reactions prior to receiving their next injection.

Very rarely (less than 0.013%), *systemic reactions* can occur during the first 20 minutes after the injection administration. Such reactions include *hives, shortness of breath and possibly shock*. If the patient experiences any of these symptoms, adequate and rapid management by our staff will help prevent serious complications. Therefore, patients on allergen immunotherapy are required to wait in the physician's office for 20 minutes after each injection. If the patient leaves the clinic premises before 20 minutes elapse, the physician and the staff cannot be held medically or legally liable for any allergic reaction that may develop. Each patient needs to be checked out by a staff member before they are cleared to leave the office.

In addition, if a patient decides to prematurely terminate his/her allergen immunotherapy without prior consent from the physician, he/she will be held responsible for costs of unused allergen extract vials.

I have read and understood the above statement. I will abide by the above treatment regimen.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

