

# EAR, NOSE & THROAT ASSOCIATES

THE PHYSICIANS PAVILION EAST • 6565 N. CHARLES STREET • SUITE 601 • BALTIMORE, MD 21204 • (410) 821-5151

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## SUBLINGUAL IMMUNOTHERAPY INSTRUCTIONS

The allergy drops are provided in easy to use glass bottles with a pump that provides the exact “drop” size. A NEW DROPPER BOTTLE WILL NEED TO BE PUMPED SEVERAL TIMES UNTIL A DROP WILL COME OUT. DO NOT PRIME THE PUMP IN YOUR MOUTH.

Ideally, you should do the drops in the morning before breakfast (do not eat or brush your teeth for 10 minutes before you use the drops). Initially (until you have been on BOTTLE B for 7 days) do not shower or exercise for 20 minutes before or after you use the drops to avoid a drop in your blood pressure. Once you have been on the BOTTLE B for week, and you know how your body will react, it is unnecessary to avoid showering or exercise after you use the drops.

Rinse your mouth with water, open your mouth, lift your tongue so that it touches the roof of your mouth (palate) and then place the correct number of drops under your tongue. Each pump of the bottle is one drop. **HOLD THE DROPS UNDER YOUR TONGUE FOR 1 MINUTE.** There will be some increase in saliva.

Let the drops spread under the tongue. Do not swallow for the full 1 minute. After the 1 minute you can swallow the drops.

Do not spit out the drops (except in the VERY unlikely event that you notice severe symptoms such as a lot of itching or swelling of the tongue). DO NOT eat, brush your teeth or drink or rinse anything in your mouth for 10 minutes after you apply the drops. After 10 minutes, you may eat or drink as normal.

### GENTLY SWIRL/MIX THE BOTTLE PRIOR TO USE

**DAY 1:** 1 drop/pump under your tongue **BOTTLE A**

**DAY 2:** 2 drops/pumps under your tongue **BOTTLE A**

**DAY 3:** 3 drops/pumps under your tongue **BOTTLE A**

**DAY 4:** 4 drops/pumps under your tongue **BOTTLE A**

**DAY 5:** 1 drop/pump under your tongue **BOTTLE B**

**DAY 6:** 2 drops/pumps under your tongue **BOTTLE B**

**DAY 7:** 3 drops/pumps under your tongue **BOTTLE B**

**DAY 8:** 4 drops/pumps under your tongue **BOTTLE B**

**DAY 9 forward:** 5 drops/pumps under your tongue **BOTTLE B**

(over)

It is normal to have some tingling and itching of your tongue, throat and eyes. You may also have some mild stomach pain. Occasionally, you may have some mild swelling to the area where you apply the

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drops. **Please make sure that you are taking ALL of your allergy medication religiously!** You should initially continue to take all of your antihistamines (Allegra, Zyrtec, etc) while on the drops.

If you are concerned about the reaction please call our offices during normal business hours at 410-821-5151. Typically, this will simply require a slower escalation of the dose and/or a lower maintenance dose.

In the very very unlikely event of a severe, life threatening emergency, dial 911 and/or go to the nearest emergency room.

## FREQUENTLY ASKED QUESTIONS:

### *How do I store the drops?*

-They may be stored at room temperature, but out of direct sunlight as high temperatures can destroy the drops. **KEEP THEM OUT OF THE REACH OF CHILDREN.**

### *How long does the bottle last for?*

-It will last for 3 months

### *If I miss a dose, what should I do?*

-Call the office and we will give you instructions based on how long you have been off the drops.

### *How do I get my next bottle?*

-Call the office (410-821-5151) and the next bottle will be custom made for you. You can either pick it up, or it can be mailed to you for a fee if credit card is used to pay for it.

**PLEASE ALLOW TWO WEEKS FOR YOUR BOTTLE TO ARRIVE FROM THE TIME THAT YOU CALL.** Please take into consideration that holidays will slow processing time.

### *How long will I take the drops?*

A typical course is between 3-5 years.