

Taking Your Allergy Drops

One dose equals one full depression of the pump.

Take three doses under your tongue every day.

This can consist of:

- One in the morning, one in the afternoon, and one at night
OR
- Two doses in the morning, one at night, or vice versa

Hold your tongue still for 30 seconds after taking your drops; then you can swallow.

This allows the mouth's specialized dendritic cells to capture allergen proteins and pull them under the surface.

Try not to eat or drink 10 minutes before or after you take your dose. This allows your mouth's immune cells to focus on processing the allergen proteins in your drops, without being distracted by other proteins.

The goal is to consistently expose your immune system to the allergen proteins in your prescription.

If you miss doses during the day, don't worry! Catch up on doses before bed. If you miss a day or two, restart so you don't lose momentum.

Side Effects of Allergy Drops

Allergy drops are typically very well tolerated, and most patients only notice a slight increase in their allergy symptoms when first starting drops or when starting a higher dose of drops.

Some patients may notice some mouth irritation. This is best avoided by good oral hygiene and staying hydrated.

If you develop any rashes or itching, take an antihistamine (such as Benadryl) and contact your provider immediately.

Grand Island Ear, Nose & Throat Clinic, P.C.



Sublingual Immunotherapy Program

Grand Island Ear, Nose & Throat Clinic, P.C.
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Allergy Testing:

testing is performed prior to enrollment in SLIT and after the patient has completed 2 years of allergy drops

Skin Prick Testing

Serum containing environmental allergens is introduced to the skin with an applicator and allowed to sit for 20-30 minutes. Skin reactions are measured and recorded.

VS.

Blood Test

Blood is drawn and tested in a laboratory to determine allergen reactivity.

Out of Pocket Costs

Program Fee \$500 / Year

This fee is due annually to GI ENT every year you are enrolled in SLIT. This fee allows our clinic to be able to continue providing testing supplies and personnel to our patients.

Allergy Drops \$149-156 / 90 Days

This fee is due to the AllergyChoices Pharmacy for each refill of your allergy drops.

WILL MY INSURANCE COVER THE COST OF ALLERGY DROPS?

Insurance will cover the cost of **allergy testing** and **office visits**, however, ***it will not cover the cost of the drops themselves or the program fee.***

These costs do qualify for HSA or Flex Spending Accounts.

Program Timeline

Allergy testing will be performed in order to identify if you have any environmental allergies and if you would benefit from allergy drops.

If you do have allergies and would like to pursue allergy drops, your provider will enroll you in the program. **You will be contacted in order to collect the first year's program fee.** This will be due every year you are enrolled in the program.

Once the program fee is paid to GI ENT, your personalized allergy serum prescription will be sent to the AllergyChoices Pharmacy. **They will reach out to you by phone in order to confirm demographic info, shipping info and to collect the cost of your first 90 days of drops.**

After speaking to the pharmacy, your drops will be delivered to your house within 2 weeks. **You may start taking your drops immediately after you receive them.**

After beginning the program, **you will be responsible for calling the pharmacy every 90 days to order your next vial of allergy drops.** If you choose to, the pharmacy will send you a text when you are due to refill your drops. You can call the pharmacy at **(866) 793-1680** or request a refill at https://scriptscan.info/application_main_zfw/patientaccess/portal/vendor_name/allergychoices

You will be seen by your provider **every 6 months** while enrolled in the program, unless you are being seen more frequently for other concerns.

Depending on the severity of your allergies, the first year or two will consist of ***titration doses***. This means that every 90 days, the amount of allergen in your drops will be increased until you reach the highest dose. Once you reach the highest dose, this is called ***maintenance***, and your serum will be the same dose every time you refill your drops until you complete the program.

After you have filled your drops for 4 consecutive 90 day supplies, the next year's program fee will be due to GI ENT. You will receive a bill in the mail for this and will be contacted by phone unless the fee is paid prior to being contacted.

Patients are typically enrolled in the program for **3-5 years**. ***After 2 years are completed, you will be due for repeat allergy testing in order to assess your response to treatment.*** After this, You will be allergy tested yearly until your reactions are minimal or negative, at which point you will have completed treatment and will be able to stop allergy drops.