



ALLERGY & ASTHMA CARE OF FAIRFIELD COUNTY, LLC

Adult & Pediatric Allergy & Asthma

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Oral Desensitization: Home Dosing Instructions

1. Continue to avoid allergic food(s), other than the treatment dose of OIT.
2. An epinephrine auto-injector and quick onset oral antihistamines (such as diphenhydramine/Benadryl or cetirizine/Zyrtec) must be available at all times.
3. It is best to administer the treatment dose of OIT at approximately the same time each day – If the OIT treatment dose is given in the evening, one should be awake/monitored for **at least one hour** prior to bedtime.
4. It is very important to consume a carbohydrate meal or snack prior to administering the treatment dose of OIT. Examples include, pretzels, goldfish crackers, toast, sandwich, bagel, etc.
5. Avoid sports/exercise/hot showers/becoming overheated for **1** hour prior to and **2** hours after each OIT treatment dose, as these activities increase the possibility of having an allergic reaction to the OIT treatment dose.
6. Any illness may increase the risk of developing an allergic reaction to the OIT treatment dose. Withhold the dose and notify your allergy office if fever, nausea, vomiting, diarrhea or other illness occurs. Very minor “colds” without fever may not require a dose adjustment.
7. For some patients, the menstrual cycle may be associated with an increased risk of developing an allergic reaction to the OIT treatment dose. If symptoms are associated with your menses, notify the allergy office for a dose adjustment.
8. It is very important to follow the protocol, but occasionally a dose may be missed. If it has been less than 72 hours since the last dose, the most recent dose may be repeated. If more than 72 hours have passed since the last OIT dose, contact the office for instructions regarding the next dose – the patient may need to have the next dose in the allergy office.
9. Asthma and allergic rhinitis (hay fever) should be well controlled during OIT desensitization and medications for asthma and allergic rhinitis should be continued during the desensitization. Please notify your allergist if symptoms are uncontrolled.
10. If new medications are started during the desensitization process, you must contact the allergy office, especially if a new blood pressure medication is started.

11. An allergic reaction to the home OIT treatment dose may occur. If symptoms are very mild, such as a minor rash, few hives, mild itching of the mouth/throat or mild stomach discomfort, treatment with fast acting antihistamine by mouth (Benadryl/diphenhydramine or Zyrtec/cetirizine) may be adequate to treat the symptoms. If mild symptoms are progressing or if there is any difficulty breathing, speaking/swallowing, or if anaphylaxis occurs, immediately administer epinephrine (Auvi-Q or EpiPen), call 911 and then take fast acting Benadryl or Zyrtec. **NOTE: Auvi-q or EpiPen when administered properly have very few side effects. For the great majority of people, administration of epinephrine, when in retrospect it may not have been needed, will not cause harm.**

I certify by my signature that I have read and understand the preceding information and that any questions I had about food desensitization have been satisfactorily answered by the physician.

Patient Name: _____ DOB: _____

Patient Signature: _____ Date: _____

For minors:

Signature of parent/guardian

Parent/Guardian Name (print)

Date