

4189 Westlawn

Iowa City, IA 52242-1100

T: 319-335-8365 F: 319-384-1703

Clinic Hours (appointment only): M-Th: 8:15-11 AM & 1:00-4:00 PM; F: 9:45-11 AM & 1-4 PM

INSTRUCTIONS FOR ALLERGY (IMMUNOTHERAPY) PATIENTS

Thank you for choosing Student Health for your allergy shot care. Student Health administers allergy shots (immunotherapy) as a service to our students, allowing them to follow their allergy shot schedule while on campus.

PHYSICIAN VISIT

1. Schedule an appointment with Dr. Woodward before receiving your allergy shots. He will review your medical history, allergies, current medications, and your allergy regimen. Ask your allergist to review/complete the Physician Information form prior to your first appointment (<https://studenthealth.uiowa.edu/assets/384e59a62a/allergy-physician-letter.pdf>)
2. Complete consent forms for allergy injections and release of medical information to/from your allergist.
3. Our staff is qualified to supervise allergy injections according to your allergist's recommendations, but we are not allergy physicians. Allergy testing, extract mixing, allergy shot instruction, and the first allergy shot must be done by your allergist.
4. We store allergy extracts in our temperature-monitored refrigerator, and experienced nurses administer allergy shots under a physician's supervision and provide emergency treatment in the rare case of a reaction.

ALLERGY SHOT SCHEDULING:

1. Scheduling options
 - MyChart to schedule your appointment online: <https://mychart.uihealthcare.org/mychart/>
 - Call (319) 335-8394 during business hours.
 - Visit reception desk & schedule in person.
2. Schedule appointments one at time or the entire semester, according to your preference.
3. Allow 45 minutes for each appointment. Medications, drug allergies, and health status are reviewed at each visit.
4. Check in at the reception desk before every appointment.
5. **SHOW your UNEXPIRED Epi-pen to the allergy nurse prior to receiving your injection that day.** This helps protect you in the rare event of a delayed severe/systemic reaction after you leave our clinic. If you do not have an Epi-Pen, our physician will prescribe one. Students without an Epi-Pen will need to reschedule their appointment.
6. **For your safety, you must wait 30 minutes after injections** and check out with the allergy nurse before leaving the clinic. The nurse will inspect the injection site and record any local reaction. If you have a history of adverse reactions, you may be asked to wait longer.
7. Avoid exercise and alcohol use just before and 2 hours following an injection. These activities may increase blood circulation and absorption of the allergy extract in the bloodstream, increasing the chances of an allergic reaction.
8. Do not interrupt your allergy shot schedule for a minor illness or because you took anti-allergy medications. If you are feeling ill on the day of your allergy visit, inform the allergy nurse. If you have questions about whether you can receive your injection, call the allergy nurse at 319-335-8365 or Nurse Line at 319-335-9704 to discuss your concerns. Allergy shot regimens are most effective if you follow the schedule as closely as possible.

CONTACTING YOUR ALLERGIST

You authorize us to contact your allergist to clarify/adjust dosages, or to request additional information. Student Health requires these orders be signed by your allergist and faxed to us, or our allergist to speak with us directly on the telephone. We **CANNOT** receive telephone verbal orders from the nurse or office staff.

MISSED APPOINTMENTS

If you are unable to keep an appointment, call (319) 335-8394 by 8:00 AM on the day of your appointment to avoid a \$15.00 charge. You may also leave a voice mail, which automatically records the date and time of the message.

FEES

There is a fee for each allergy visit. The allergy injection administration fee may be billed to your health insurance or charged to your U-Bill. If you have questions about insurance coverage, contact your insurance company directly at their phone number on the back of your insurance card.

ALLERGY SHOT REACTIONS

- Local reactions (itching, redness, swelling) at the injection site are common. Report reactions to the allergy nurse so they can be treated. The nurse will follow your allergy allergist's guidelines for future dosage adjustments.
- Severe reactions are uncommon, but require prompt treatment. These may occur within the first 30 minutes of an allergy injection, or hours later. Signs and symptoms of severe/systemic reactions may include:
 - a. Symptom that occur at a location other than the injection site(s), including itching, rash, or hives
 - b. Sudden onset of frequent sneezing or nasal congestion
 - c. Chest congestion, difficulty breathing, wheezing
 - d. Swelling of the lips, tongue, or throat
 - e. Abdominal symptoms: cramping, vomiting, or diarrhea
 - f. Light-headedness, dizziness, passing out

Any student who has a severe/systemic reaction while in our clinic will be treated promptly (with Epi-Pen and/or other emergency drugs) and possibly referred to the UIHC Emergency Department for further evaluation.

If you experience a severe/systemic reaction after you leave our clinic:

- **Use your Epi-Pen**
- **Go to the nearest Emergency Room or call 911 for an ambulance.**
- **Notify your allergist AND our allergy nurse. Your allergist may require an evaluation before you receive more injections.**

With any significant allergy shot reaction, we require updated instructions from your allergist and approval from our physician before proceeding with future injections in our clinic.

BETA BLOCKER MEDICATIONS

Avoid beta-blocker medications (Atenolol, Labetalol, Metoprolol, Propranolol, others) while receiving allergy shots. Beta-blockers are used for many medical conditions: high blood pressure, heart arrhythmias, anxiety, hyperthyroidism, tremor, migraine headaches, glaucoma, and other conditions. They can block the effects of epinephrine (Epi-Pen), which is used to treat severe allergy shot reactions. Notify our nurse or physician if you are taking these medications.

ACADEMIC BREAKS

If your schedule requires an allergy shot when you are away from campus:

- Notify the allergy nurse to pick up your allergy extracts and instructions. Make plans to safely store and refrigerate your extracts (do not freeze).
- You may transport your allergy extracts to Student Health. You must maintain them as recommended by your allergist (proper temperature, sterility, storage conditions, etc.). Student Health is not responsible for adverse effects from improperly maintained/transported extracts and cannot verify their safety.
- When you return to campus, bring your refrigerated extracts, instructions, and documentation of injection dates, dosages given, and signature of the nurse who administered the injections.

ANNUAL INFLUENZA VACCINE

Annual flu shots are recommended for allergy patients and are available at our clinic.

DISCLAIMER

Allergy shots may rarely cause an unpredictable, serious, or life-threatening allergic reaction. We administer allergy shots according to your allergist's instructions. You and your allergist are responsible for the safety of your regimen.

Student Health reserves the right to decline to administer allergy shots to any student who:

- Does not follow our clinic instructions/requirements for receiving allergy shots.
- Is chronically late for allergy shots.
- Is not a suitable candidate for allergy shots, according to the medical judgement of our physician.

Thank you for allowing us to participate in your care.