

**Reaction Instructions:**

Normal reactions to the allergy shots are soreness, small wheal with redness or a small lump at the injection site lasting under 48 hours. (Size of pea to size of half dollar).

If a local reaction around an injection site occurs, take an antihistamine and report this to the nurse before your next injection. Examples of antihistamines: include prescription Allegra, Clarinex, Xyzal and over the counter: Zyrtec, Claritin, Chlor-trimeton, Benadryl, Alavert, Loratadine and Diphenhydramine.

**A severe reaction must be treated immediately.**

It usually begins within 5-10 minutes after the injection with intense itching of the throat, nose and chest tightness. If you experience any of these symptoms, take an antihistamine.

If the reaction progresses to swelling of the face, throat, difficulty swallowing, difficulty breathing, hives, generalized itching or redness of the body accompanied by the feeling of distress;

**IMMEDIATELY administer one dose of EPI-PEN. IMMEDIATELY GO to EMERGENCY ROOM or hospital near you.**

**Please answer the following questions to the best of your ability:**

1. Are you having any local reactions (itching, redness, or soreness) on your arms after your shots? Yes or No

If so, which arm and how long does it last? \_\_\_\_\_

\_\_\_\_\_

2. Are your allergy symptoms worse for 2-3 days after your shot? Yes or No

3. Are you having any headaches, rashes, cough, increased drainage or other symptoms after your shots? Yes or No

4. If so, are these symptoms improving or worsening over the last month?

\_\_\_\_\_

5. Are your allergy symptoms overall improving? Yes or No

6. Do you have asthma? Yes or No

7. If so, is your asthma better or worse? \_\_\_\_\_

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

**BELOW FOR OFFICE USE ONLY**

RECOMMENDATIONS: \_\_\_\_\_

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PHYSICIAN'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_