

SUBLINGUAL ALLERGY DROPS

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GENERAL INSTRUCTIONS:

- 1. Place one drop under the tongue and hold for as long as you can, or for at least 20 seconds, and then swallow.**
- 2. Allergy drops will last for 2 months at room temperature and for 6 months if refrigerated. You may keep the allergy bottle which you are using out in room temperature, but keep the others in the refrigerator.**

INHALANT ANTIGEN (RED LABEL)

GRADUAL ESCALATION PROTOCOL:

1. Start with one drop under the tongue once a day for one week. Then place two drops under the tongue once a day for one week. Then place three drops under the tongue once a week for one week, and stay on this dose until the bottle is empty.
2. One bottle should last eight weeks.
3. You may need to be retested periodically before allergy drops are strengthened.

INHALANT ANTIGEN (GREEN LABEL)

RAPID ESCALATION PROTOCOL:

1. Follow the instructions on the Rapid Escalation Schedule to keep a daily record.
2. You will be dispensed 4 allergy bottles at one time. Start with Bottle # 1, and then proceed to Bottle # 2, then #3, and then #4.
3. Each bottle should last about 3 weeks. There will be a small amount remaining at the bottom of the bottle after 3 weeks, and you may finish out the bottle completely before advancing to the next stronger bottle.
4. If you have significant symptoms with the dose increase, then drop back down to the dose which you could tolerate for several days before increasing the dose again.

FOOD AND/OR CHEMICAL ANTIGEN (YELLOW LABEL)

- 1. Use THREE DROPS under the tongue three times a day.** Hold under the tongue for as long as you can, but for at least for 20 seconds.
- 2. One bottle should last about 4 weeks.**
- 3. Try using your allergy drops BEFORE an allergic food or chemical exposure and AFTER an allergic food and chemical exposure to relieve symptoms.**