


TAMPA ENT ASSOCIATES (813 972 3353)

INSTRUCTIONS FOR SELF-ADMINISTRATION OF ALLERGY INJECTIONS AT HOME

1. Make sure your epinephrine autoinjector is up to date and available.
2. Also, keep some antihistamines such as Zyrtec, Claritin, or Benadryl in your home.
3. Make sure there is another person in the home with you for at least 30 minutes after your shot to assist you if you have any adverse reactions.
4. Injection vials should be kept in refrigerator at all times. If you accidentally leave them in the heat, they will be degraded. Vials can stay out at room temperature for a few hours if necessary.
5. Supplies: 27 gauge needle, isopropyl alcohol and cotton balls or alcohol wipes, sharps storage container.
6. Technique for Injection:
 - a. Use sterile technique.
 - b. Wipe the top of the vials with alcohol
 - c. Then, place needles directly into the vials and draw out 0.50 cc each time
 - d. Wipe the area to be injected (abdominal fat, thigh fat), and inject each vial into a unique location (right thigh – vial #1, left thigh – vial #2) with alcohol, and inject the contents of syringe.
 - e. Inject in the same location, so that if you have a reaction, you will be able determine which vial caused a reaction.
7. Store used needles in a glass jar or coffee can, and bring to our office for disposal when you come to pick up new vials.
8. There are a total of 10 injections per vial. When you are on the 8th dose, please call the office to let us know that you are on your maintenance injections at home and need your vials mixed again. We need at least two weeks to mix your vials. Make an appointment to receive the first dose at the office. For your first dose, we will give you 0.25 cc, and then you will give yourself 0.50 cc each time until the vial is empty.
9. You may skip up to two weeks and resume with 0.50 cc. If you skip more than two weeks, start at 0.25 cc for the first dose, then increase to 0.50 cc the next week. If you are going away on vacation for a few weeks, it may be better to skip your shots because the vials must be kept in the refrigerator.
10. You should skip the dose for one week if you have a bad cold. However, if you are feeling much better, but still have some symptoms, you may take your allergy shot.
11. You should continue to have good control of allergy symptoms and require minimal allergy medications. If you feel that your allergy symptoms are worsening, please come in sooner to see Dr. Nofsinger.
12. Dr. Nofsinger would like to see you every 6 months if you are doing well. Schedule an appointment when you come in to pick up new vials.
13. After being on weekly shots at home for one year, you may then advance to one shot every two weeks, but you should have good control of allergy symptoms during the two weeks.

SELF ADMINISTRATION OF ALLERGY INJECTIONS AT HOME:

| DATE | VIAL #3 | Location/Reaction | VIAL # 4 | Location/Reaction |
|--|---------|-------------------|----------|-------------------|
| 1. | 0.25 | | 0.25 | |
| 2. | 0.50 | | 0.50 | |
| 3. | 0.50 | | 0.50 | |
| 4. | 0.50 | | 0.50 | |
| 5. | 0.50 | | 0.50 | |
| 6. | 0.50 | | 0.50 | |
| 7. | 0.50 | | 0.50 | |
| 8.  | 0.50 | | 0.50 | |
| 9. | 0.50 | | 0.50 | |
| 10. | 0.50 | | 0.50 | |
| | | | | |

WITH YOUR 8TH DOSE,  PLEASE CALL THE OFFICE (972 3353) TO MIX YOUR NEXT MAINTENANCE VIALS.

Yoon Nofsinger, M.D.
3450 E. Fletcher Avenue, Tampa, FL 33613

Name _____ Date _____

½ ml 27 G 3/8 (0.5 cc syringes)

Sig as directed

Dispense: 100

Refill # 10

DEA BC4708852

M.D.