



CAPITAL ALLERGY & RESPIRATORY DISEASE CENTER
A MEDICAL CORPORATION

BRADLEY E. CHIPPS, M.D.
Pulmonary & Allergic Diseases

Board Certification:

Pediatrics
Pediatric Pulmonology
Allergy and Clinical Immunology

Medical Director, Cystic Fibrosis Center
Assoc. Medical Director Sleep Laboratory
Medical Director of Respiratory Therapy
Sutter Community Hospitals

TRAVIS A. MILLER, M.D.
Allergic and Immunologic
Diseases

Board Certification:

Internal Medicine
Pediatrics
Allergy and Clinical Immunology

Evelyn Keaton, A.C.N.P-BC
Acute Care Nurse Practitioner

Hannah Choi, C.P.N.P
Pediatric Nurse Practitioner

The total duration of immunotherapy is recommended for 3-5 years depending on each individual and their symptoms. It is always best to talk to your doctor before making the decision to stop allergy shots.

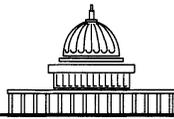
*******REMEMBER*******

Please attempt to come at 3 to 7 day intervals for advancing allergy dosage. You must come for an allergy injection at least every 12 days in order to advance your dosage. If you miss more than 12 days your last dose must be repeated. If longer then 3 months elapses an appointment should be made before continuing your next injections.

Do not get an allergy injection when you are actively wheezing or sick, but call us if these symptoms occur.

Allergy injections take a minimum of 30 minutes, including waiting time afterwards. Consequently, you should allow ample time.

You will be given a Patient Informed Consent document to sign at the beginning of your allergy injections.



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ABOUT YOUR ALLERGY SHOTS

Allergy immunotherapy is a preventative method to significantly reduce hay fever symptoms, nasal congestion, sneezing and itchy/watery eyes without the chronic use of medications (antihistamines, nasal sprays, eye drops). It is the **only treatment plan** that targets the underlying cause of allergies. The benefits of immunotherapy include **improved quality of life, reduction of allergen-related asthma symptoms, long term desensitization, and prevention of developing new allergen sensitivity.**

Immunotherapy works by injecting gradual incremental doses of the allergen/antigen (environmental pollens) to the allergic person in order to stimulate the immune system enough without producing allergy symptoms. With each allergy shot, your body recognizes the allergens and will get use to it or in other words become desensitized. **Effective desensitization is only achieved by receiving your allergy shot on a regular basis.** Your immune system will lose its tolerance if you stop receiving allergy shots as scheduled.

Because you are being treated with materials to which you have proven to be allergic, a mild reaction may occur with each injection. Mild reactions may include; itching, slight redness, warmth or tenderness that may last from several hours up to a day. More serious reactions may include; hives and breathing difficulties should you receive an injection when you are not feeling well. Most often these serious reactions occur within the **first 30 minutes** after an injection. **Therefore, it is imperative that you wait in the office 30 minutes after each allergy injection.**

During the spring, there is high pollen count. Due to the heightened pollen level, the immune system becomes exposed to more allergens resulting to an increase in allergy symptoms. For patients on maintenance therapy who have an increase in allergy symptoms, it is recommended to come in every two weeks for your allergy shot instead of every four weeks.