Allergy Injection Information and Responsibilities for Patients
At the Sonoma State University, Student Health Center (SHC)

1) After you have provided all required information, been evaluated by a SHC MD, cleared to receive allergy injections at the SHC, and your properly labeled and transported allergy extract has been received, make an appointment with a SHC RN or NP to receive your injection(s). The allergy injection fee must be paid at each visit before you receive your injection(s).

2) Your allergist remains responsible for your immunotherapy program. You must maintain continuing contact with your allergist, including face to face visits at least twice per year, and provide the SHC with documentation and recommendations from these visits.

3) You must make and keep your SSU SHC appointments and follow your allergist’s recommended schedule of injections. If you allow excessive time to elapse between injections:
a) It may be necessary to reduce your allergy extract dose or change your injection program.
b) It is more likely that you will have a serious reaction when you resume your injections.
c) Irregular attendance may result in discontinuance of eligibility to receive allergy injections at the Student Health Center.

4) In order to provide information used to determine optimal dosage and to reduce the risk of drug interactions or a serious reaction, discuss the following with the nurse prior to each injection:
a) Recent illness or increased hay fever, allergy or asthma symptoms.
b) Medications you may be taking for high blood pressure (i.e., beta blockers), glaucoma, or migraine headaches.
c) If you have become pregnant or suspect that you may be pregnant.
d) If you have had any reaction allergy injection(s) including redness or swelling at the injection site or symptoms like sneezing, itching or wheezing.

5) If you have a fever of greater than 100.4 degrees, increased asthma symptoms, or are an asthmatic with a cold currently, your injection should be delayed until you have recovered. If you have a cold without fever and are not asthmatic, it is okay to have your regular injection. Call the SHC in advance at 664-2921 if you need to cancel an appointment or are not sure what to do.

6) Avoid strenuous exercise for at least one hour before and one hour after receiving your injection. Exercise can increase the rate of absorption of allergens and increase the risk of a serious reaction.

7) You must remain under observation in the Health Center for 30 minutes following your allergy injection and report to a nurse immediately if you develop symptoms such as difficulty breathing, mouth or throat swelling, feeling faint, etc. You must also check with the nurse prior to leaving the SHC and report minor reactions such as redness, itching, etc. Failure to comply with these requirements will result in discontinuance of eligibility to have your allergy injections administered at the Student Health Center.

8) Have an antihistamine on hand (home, office and car) in case you experience a reaction to your allergy injections, and be prepared to seek immediate medical attention, as **systemic allergic reactions can be life threatening**.

9) You are responsible for retrieving your allergy extract(s) from the SHC prior to holidays.
and semester/summer breaks, and ensuring that it is stored and transported under appropriate refrigeration. When injections are given by your allergist, bring a copy of the updated injection record to the Health Center when you return.

Reactions

Since allergy injections contain substances to which you are allergic, they may cause allergic reactions. Most serious reactions to allergy injections occur soon after injections are received. For this reason, you must remain in the Student Health Center for 30 minutes after you receive your injection.

A. Local Reactions:

1) An acceptable local reaction consists of redness, itching and swelling at the injection site less than the size of a quarter and lasts no longer than 24 hours.

2) Excessive swelling (larger than a quarter) may occasionally occur. If this happens during the SHC observation period, report it to the nurse immediately.

3) If an excessive local reaction occurs after you leave the SHC, take an antihistamine. Repeat the dose in 4 hours if symptoms persist. Some antihistamines can make you sleepy, and you should avoid driving, operating equipment, etc. in such instances. Try applying ice to the swelling or taking non-prescription anti-inflammatory medication to relieve discomfort. Report any reaction including the size of actual swelling (not redness) and duration to the nurse at your next visit before your injection is prepared.

B. Systemic Reactions

1) Rarely, you may develop symptoms of a systemic reaction, such as marked itching/swelling of the throat, nose, eyes, palms; hives, flushing, sneezing, runny nose, coughing, wheezing or difficulty breathing, tightness in your throat, lightheadedness or abdominal pain following an allergy injection. Such reactions can occur even if you have been receiving allergy shots in the past without problems.

2) Systemic reactions can progress rapidly and can be life threatening. Control of these reactions can depend on how soon appropriate therapy is initiated. Therefore, report any symptom of a systemic reaction to the nurse or doctor immediately while you are in the SHC.

3) If you have symptoms of a systemic reaction after you leave the Student Health Center, take an antihistamine and/or anti-wheezing (asthma) medication and return immediately to the Health Center or go immediately to any closer medical facility, such as emergency room or urgent care facility. Student Health Center hours are limited to M-F, 8 am to 4:30 pm.

4) If your symptoms are severe, such as severe wheezing or struggling to breathe, severe swelling around your mouth or throat, feeling faint/impending loss of consciousness, shock, etc. or if symptoms are getting worse rapidly call 911 immediately.

5) Students are financially responsible to the provider for all medical care received off campus.

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