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### **Sublingual Drops for Allergies---Basic Instructions**

You must use the drops daily using the schedule for the first 3 months. After three months you will take 3 drops each day from your vial(s). It is best to get in the habit of taking the dose at the same time every day. If possible, it is best to take your dose when there is another responsible adult around in case you have a reaction. You should have your epipen available for the first 30 minutes after taking the dose.

Keep vials refrigerated. If you have to travel and are away from a refrigerator then take only the vials that you are currently using and keep refrigerated as much as possible on your trip.

When you are getting used to taking the drops, sometimes it is easiest to look in the mirror as you are taking the drops.

Most patients do not experience any side effects. If you have mild itching in the mouth that resolves within a few minutes it is okay to keep taking the drops on schedule. If you have any other symptoms after taking the drops then do not take any more doses until we have given you specific instructions. Notify us immediately if this happens.

Patients will be prescribed a self-injection device for administering epinephrine. It is important to get the prescription filled and have the device available. It should be used if there are any symptoms of a severe allergic reaction, called anaphylaxis. This is very unlikely to occur but all patients must be educated on when to use epinephrine to treat a severe allergic reaction. Symptoms might include the following:

- Swelling of the mouth or lips
- Difficulty breathing, wheezing
- Feeling of constriction in the throat, change in voice, or difficulty swallowing
- Diffuse skin flushing, rash, or hives
- Feeling like heart is racing, light-headedness
- Nausea, vomiting, or diarrhea
- Feeling like something very bad is happening, feeling very anxious or confused

Patients who experience these symptoms should inject epinephrine in the outer thigh and seek emergency help by calling 911.