

TEXAS REGIONAL ASTHMA AND ALLERGY CENTER, L.L.P.

Board Certified specialists in allergy, asthma, immunology, and respiratory disorders

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WEBSITE: www.traac.org

Adult Pre-Rush Immunotherapy Instructions

Patient: _____

Date of Rush: _____

Physician: _____

DOB: _____

You have 3 days of RUSH medication. You will start your medications the day before your RUSH procedure. In your envelope is a prescription for Prednisone (fill this at your local pharmacy). Please purchase over the counter-Pepcid 20 mg (12 pills) & Zyrtec 10 mg (6 pills). It is also recommended that you buy liquid oral Benadryl OTC. Bring your epinephrine auto-injector with you to the procedure. (Don't take the prednisone too late in the evening, it can disrupt sleep).

1) Day before RUSH: _____

Morning medications:

Prednisone 10mg, Take 2 tablets with food
Pepcid 20 mg, Take 2 tablets (OTC)
Zyrtec 10mg, Take 1 tablet (OTC)

Evening medications:

Prednisone 10mg, Take 2 tablets with food
Pepcid 20 mg, Take 2 tablets
Zyrtec 10mg, Take 1 tablet (OTC)

2) Day of RUSH: _____

Morning medications:

Prednisone 10mg, Take 2 tablets with food
Pepcid 20 mg, Take 2 tablets (OTC)
Zyrtec 10mg, Take 1 tablet (OTC)

Evening medications:

Prednisone 10mg, Take 2 tablets with food
Pepcid 20 mg, Take 2 tablets (OTC)
Zyrtec 10mg, Take 1 tablet (OTC)

3) Day after RUSH: _____

Morning medications:

Prednisone 10mg, Take 2 tablets with food
Pepcid 20 mg, Take 2 tablets (OTC)
Zyrtec 10mg, Take 1 tablet (OTC)

Evening medications:

Prednisone 10mg, Take 2 tablets with food
Pepcid 20 mg, Take 2 tablets (OTC)
Zyrtec 10mg, Take 1 tablet (OTC)

One week after your RUSH _____ **you will come for your first post-RUSH allergy injection.**
You will need to come before 3pm on this date, and you will wait one hour after the injection. Please bring your epinephrine auto-injector with you on this date.

Day of Procedure:

- Wear comfortable clothes, and short sleeved or sleeveless shirts.
- Bring lunch, snacks, drinks, etc. We have Wifi. Do not perform any exercise or physical exertion the day of the procedure or for up to 24 hours after.
- If you become ill with breathing problems or a fever, please call the office prior, as the procedure may need to be re-scheduled.
- **RUSH procedures canceled with one week or less notice are subject to a \$200 non-refundable fee.**
- **To cancel your appointment a message MUST BE LEFT ON EXT 134.**
- **FOR MINOR PATIENTS: ONLY THE PATIENT AND ONE PARENT MAY BE PRESENT.**

*** If you have any questions please call our office and ask for one our RUSH Registered Nurses. ***