



Jeffrey M. Factor, MD

Jason O. Lee, MD

Jasmine Abbosh, MD

Gavin Schwarz, MD

Hillary Hernandez-Trujillo, MD

Wei An, MD

Kelsey Kaman, MD

Olivia DelloStritto, PA-C

Tree Pollen Sublingual Immunotherapy Consent

The goal of sublingual immunotherapy (SLIT) is to reduce symptoms associated with allergen exposure by exposing your immune system to incremental doses of allergen, a process known as desensitization. SLIT complements environmental control measures and/or medications. SLIT is a potential option for patients who wish to minimize medications or who have found medications to be inadequate or poorly tolerated.

Sublingual drops are self-administered. The first dose is administered under observation in our office. **Daily** doses are continued at home. The “build-up” phase typically takes about 10 days and ideally begins 3 months prior to peak allergy season. “Maintenance” therapy continues through peak allergy season. We offer sublingual therapy to tree pollen. Peak season for tree pollen in our region is April through May. Therefore, treatment will begin in late January or early February and continue through the beginning of June.

The extracts used to prepare the SLIT drops are only approved for subcutaneous therapy (i.e. allergy shots). Use of the extracts for sublingual administration is “off-label.” Since SLIT is an off-label use of allergen extracts, treatment is not covered by insurance. However, HSA and FSA funds may be used to pay for treatment.

The cost for the spring allergy season is **\$400 total**. **Payment is due at the time of bottle receipt. No refunds or bottle returns can be accepted once a bottle has been dispensed.**

Safety: As you are receiving extracts to which you are allergic, it is possible that a reaction may occur. Some people experience mild, local side effects. More serious, systemic side effects have been reported.

- **Mild/local:** Lip, mouth, and tongue irritation.
Eye itching, redness and swelling
Sneezing, nasal itching and congestion
Nausea, mild GI upset.

- **More serious/systemic:** Itchy skin, hives.
Coughing, wheezing, throat tightness
Abdominal pain, vomiting

Systemic reactions can be dangerous. Early recognition is important so that treatment can be implemented. Should symptoms of throat tightness, difficulty breathing, or any other symptoms of a systemic reaction occur, emergency medical treatment should be sought at our office or the nearest emergency room. After you are stabilized, our office should be notified as soon as possible.

If you have asthma, your symptoms should be well-controlled prior to and during treatment. A bronchodilator (e.g. albuterol or levalbuterol) should be available to treat asthma symptoms.

For the best results, you must be committed to your daily treatments.

Please notify our nurse or physician if you are taking any new medications (specifically beta blockers, which are used to treat high blood pressure, heart disease and migraines). Should you become pregnant, therapy may be continued. However, please let us know if you become pregnant. We do not typically start pregnant patients on immunotherapy.

836 Farmington Ave, Ste 207
West Hartford, CT 06119-1551
860-232-9911 Phone 860-231-7112 Fax
www.ctallergy.net



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Please sign and return to CAAC Front Office Staff

Please answer the following questions:

- I am currently on a beta blocker YES NO (CAAC Staff Initials____)
- I am currently pregnant YES NO (CAAC Staff Initials____)

I (or Parent /Guardian), _____, have been made aware of the risks and obligations involved in receiving sublingual immunotherapy (SLIT). I further acknowledge that I will inform CAAC staff should I become pregnant or start a beta blocker medication during therapy.

Patient Name: _____ Patient Date of Birth: _____

Patient Signature: _____ Date: _____

Or

Parent/Guardian: _____ Date: _____
Signature

Email Address: _____

CAAC Staff Member Witness _____ Date: _____

Office Staff only:
Patient MRN: _____

Patient's Doctor _____