Sublingual/Oral Immunotherapy
This patient has opted for immunotherapy using SLIT-1 oral allergen extracts to treat allergic disease. I enclose useful information that you should keep available for easy reference. The patient has been given verbal and printed information on allergen costs and potential side-effects.

Patient self-administration Instruction Sheets
I will have already given or posted patient instructions for self-administration. Additional templates for patient self administration can be downloaded from my website at http://www.allergycapital.com.au/allergycapital/Forms.html

Allergen storage
Allergens should be refrigerated (not frozen); allergen extracts left at room temperature for a couple of days should be okay to use. Those left out for a week or subject to days of high temperature or frozen are likely to be inactive and should be discarded and replaced.

Ordering allergen and delivery time
The patient has an order form for allergen extracts. They will send this to the distributor who in turn will send of this to be manufacturer in Spain. These extracts take between six and eight weeks to arrive. These extracts will be delivered to your rooms by refrigerated courier for one of 3 reasons: (a) they live in the country away from Canberra, or (b) I will be away when the allergen arrives, or (c) they are now on maintenance therapy and no longer need to see me regularly. You are better off waiting until everything arrives and then call the patient in to collect their allergen and start off. The allergen is self-administered

Allergen extracts ordered
• Grasses/tree pollens
• Dust Mite (NB. This is labelled as European dust mite or D Pteronyssimus)
• Pets/animals
• Molds

Configuration of the allergen boxes and patient name labels
Under normal circumstances, the box itself should have my name and the patient's name on them on the bottom section of the white label on the box; see arrow below. It is important that the packing slip and allergen extract box are kept together. The allergen can be stored at room temperature and the patient notified of their arrival. The allergens come in a white plastic box.
Review with me
Generally between 4-5 months after starting immunotherapy, which is generally the best time to decide if treatment has been effective, and allow time to order more allergen before supplies run out. I recommend they ring one or two months before the planned date of review to organise an appointment. If the patient is out of town in the country, we can organise telephone review instead.

Supply queries
If queries arise regarding allergen supplied then the patient can contact AMSL pharmaceuticals Sydney telephone 1800 824 166. Relevant paperwork for immunotherapy including generic oral administration forms can also be found on our website at: