Dr Raymond J Mullins  
MB BS, PhD, FRACP, FRCPA  
Consultant Physician, Clinical Immunology and Allergy  
Suite 1, John James Medical Centre, 175 Strickland Crescent, Deakin ACT 2600.  
Tel 02-6282 2689; Fax 02-6282 2526  
Educational Website http://www.allergycapital.com.au

Patient Instructions for Injectable Immunotherapy  
using ALUSTAL Allergen Extracts  
Version Oct 2013

Allergen Extracts  
The initial treatment kit comes in a box with 4 colour-coded bottles of different strengths; bottle #1 (yellow-the weakest strength); bottle #2 (green-stronger); and 2 bottles of #3 (blue-highest strength).

Protocol  
You end up on 800 times the starting dose, so you increase slowly to reduce the risk of side-effects:  
• Weekly x 14 weeks  
• 2nd weekly x 1 month, then  
• 1/month after that.

Medication can be used as well  
As a rough rule of thumb, 75 % of people benefit and their symptoms are reduced by around 75 %. So you can still use medications if you wish.

Side effects and waiting periods  
Don't forget; an antihistamine a few hours before the injections reduces side effects and increases safety. You should wait ½ hour at your doctor’s for safety reasons so that if any serious reaction occurs, it can be treated. Also best to not exercise or have hot baths/saunas within a few hours before or after an injection.

Side-effects  
• Common- local itch and swelling  
• Uncommon- rash, dizziness, tight chest/difficulty breathing  
• Rare- flu-like symptoms

Ordering more allergen  
The initial kit should last you 10 months. As it takes 6-8 weeks to obtain more allergen, I recommend review 7-8 months after you start to review benefit and side-effects and to plan for the future regarding ongoing maintenance treatment. I’d suggest put a note on your calendar too.

Duration  
Remember this is a long-term treatment to switch off allergy. If it works, the plan is to continue treatment for at least 3 years of treatment to reduce the risk of the allergy coming back when you stop.

Other issues  
Initial allergen supply ordered should last your 10 months and will run out around ____________________

I suggest review in7-8 months ~

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Ring to make a review appointment

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Your referral expires in ___________