Has it worked?
If you have found treatment to be effective, the best advice is to keep having monthly maintenance treatment for the next few years. In general, it is best to have at least 3 years of treatment, preferably 5 years if you can tolerate the inconvenience. This reduces the risk of your allergy returning when you stop treatment. If it does return, you can use medicines or restart immunotherapy.

Medication can be used as well
As a rough rule of thumb, most people benefit but they may not have complete relief. So you can still use medications if you wish.

If it used to work and now it doesn’t…
If your symptoms start to return with ongoing immunotherapy, even though it used to help quite well, there are 2 things to consider. The first is that you have developed new allergies. The second is that you have a second problem, like nasal polyps or sinus infection. You should consider returning for review.

Ordering more allergen
Each bottle of the new extracts (from Oct 2013) has 50 doses of a more concentrated extract but you lose a few when priming the bottle for the 1st time. So how long each bottle lasts depends on the dose you are taking. So 1 presses/day will last about 48 days (just over 6 weeks); 2 doses/day lasts ~24 days. As it takes 6-8 weeks to obtain more allergen, you need to always think that far ahead! I would generally order 4 or 5 bottles of allergen at a time (5 is better), then order more when you are down to your last 2 unopened bottles. Put this on your calendar and in your diary so you don’t forget. A small table of calculations follows below if you want to put a reminder on your calendar. *Just highlight the actual dose you are taking for planning purposes.

<table>
<thead>
<tr>
<th>Dose</th>
<th>1 bottle lasts</th>
<th>4 bottles last</th>
<th>5 bottles last</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/day, every day</td>
<td>~6 wks</td>
<td>~ 6.4 months</td>
<td>~ 8 months</td>
</tr>
<tr>
<td>2/day, Mon-Fri</td>
<td>~5 wks</td>
<td>~ 4.5 months</td>
<td>~ 5.5 months</td>
</tr>
<tr>
<td>2/day, every day</td>
<td>~3 wks</td>
<td>~ 3.2 months</td>
<td>~ 4 months</td>
</tr>
</tbody>
</table>

Repeat prescriptions for allergen
I have given you a prescription for allergen that contains multiple repeats. You should be able to photocopy these order forms and continue to use this for 2-4 years.

Review appointments
If you are doing well, I only need to see you if problems arise or there are major gaps between doses. If you do need to return, you will need a current/new referral from your GP once your old one runs out. Check when you ring in.

An extra tip
If you have left it too late to order allergen and will run out before the next batch arrives, it is better to reduce the maintenance dose temporarily (such as 1 instead of 2 squirts/day) to maybe 3-4 days/week (instead of 5 or 7) to make your supply last longer.