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Instructions for patients **STARTING Immunotherapy injections**

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Allergen kit appearance

ALK Brand: white box

- Alutek (bottle 0/green; A/grey; B/yellow).
- Alxoid (bottle A/grey & 2 bottles B/blue).
- Clustek and Clustek Max (2 bottles/kit, red cap).

Diater Brand: orange box

Contains 2 bottles with red top.

Protocols

Alutek: Weekly x 9 weeks, then 1/month.

Alxoid: weekly x 4 weeks then 1/month

Clustek & Clustek Max: weekly x 2 weeks then 1/month

Diater: 2 injections on day 1 with 30 minute wait after 2nd injection, then 1/month

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.

Allergen storage

Refrigerate but do NOT freeze and do NOT leave out of the fridge for days at a time, as the potency will gradually deteriorate

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 9 months (ALK brand) or 12 months (Diater brand). As it takes ~2 months weeks to obtain more allergen, I recommend review 6 months after you start. The aim is to review benefit and side-effects, order more allergen before you run out and to plan for the future to organise ongoing treatment. Put a note on your calendar too!

Duration & Maintenance therapy

Remember this is a long-term treatment to switch off allergy. If it works in the first year, benefit *continues to increase* the longer you remain on treatment. 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 9 months (ALK) or 12 months (Diater) and will run out around

I suggest review in 6 months ~

Ring to make a review appointment

Your referral expires _____

You will / will not need a referral then