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Instructions for RUSH Immunotherapy

What is Rush Immunotherapy?

Immunotherapy is a method of treating allergic reactions through a series of injections containing the responsible allergens. Rush immunotherapy (RUSH) is a desensitization method that provides faster relief and fewer reactions than traditional allergy shots. RUSH allows patients to complete their treatment in an even shorter time period than with conventional immunotherapy. This means fewer office visits, fewer copays, and quicker allergy relief. With this treatment, patients are pre-medicated with a steroid, and over a 4-6 hour time period (versus 6-8 months with conventional immunotherapy), they receive injections of increasing allergen concentration. Once patients are close to the strongest dose, they will return weekly for 4-6 weeks until they can tolerate their maximum dose of allergen. Once that maximum dose is achieved, patients return once every 3-4 weeks for the following 3-5 years until they are desensitized to their allergens.

Risks of Rush

Rush immunotherapy does pose an increased risk of local or systemic reaction. However, most reactions (if any) are not severe, the most common of which is usually flushing, generalized itching, or swelling of the shot site. Patients will remain under a physician's supervision for a longer time period after rush immunotherapy (usually 1-2 hours), in order to ensure patient safety. Because of the complexities involved in RUSH, you should review the risks with our allergist prior to scheduling this procedure. In addition, you may need to review and sign a statement of informed consent stating understanding of the risks prior to starting RUSH.

What To Do Prior to your Appointment

Our office will send prescriptions for Prednisone, Singulair (Montelukast) and an epinephrine auto-injector. The patient will need to purchase Zyrtec and Zantac, over-the-counter medications. The medication listed in the chart should be taken starting two days prior to your RUSH immunotherapy appointment, and also on the morning of your appointment.

Date	Adult Instructions	Child Instructions
DAY 1 _____	<u>To be taken in the Morning:</u> Zantac - 300 mg Zyrtec - 10 mg Prednisone - 60 mg with a meal (3 tablets of 20mg together) Montelukast/Singular - 10 mg	<u>To be taken in the Morning:</u> Zantac - 6 mg/kg (children under 12 y.o.) Zyrtec - 5 mg Prednisone - 1 mg/kg with a meal Montelukast/Singular - 5 mg (children under 15 y.o.)
DAY 2 _____	Repeat Day 1	Repeat Day 1
DAY 3 (RUSH Day at Office) _____	Repeat Day 1 (take medication before coming to your RUSH appointment)	Repeat Day 1 (take medication before coming to your RUSH appointment)

****Bring your epinephrine auto-injector to your RUSH appointment.****

What to Expect on RUSH Day

Be sure to eat a complete breakfast before arriving to the office, and **take your morning medications. Bring your epinephrine auto-injector to the appointment.**

A total of 6-8 allergy shots will be given at 15-20 minute intervals, in increasing concentration, over a course of 3-4 hours. Patient will be monitored continuously to ensure shots are being tolerated. There will be a one-hour wait period after the last shot to monitor the patient.

You will remain in the office during the entire visit, so bring snacks and drinks, and items to occupy your time. You may bring your laptop/tablets, and wi-fi is available in the office. Depending on your appointment time, you may also bring a lunch.

What Happens Afterwards

It is advised to avoid lifting and strenuous exercise for the remainder of the day after RUSH.

Some patients may experience a delayed onset of hives or other allergic symptoms during the evening following the procedure. Call our office if you develop such problems. If it is after-hours and you receive the office voicemail, please leave a message, and it will be returned promptly.

You will be instructed to return to the clinic for your next allergy shot(s) in 3-7 days, then weekly, and once a stable maintenance dose has been established every 3-4 weeks.

What to Expect at your Routine Allergy Shot Appointments

On the day of your routine allergy shot appointment, please take an antihistamine at least 30 minutes prior to your appointment.

Once you have been administered the allergy shot, plan to wait for 30 minutes to be monitored in the office.

****Always bring your epinephrine auto-injector to your appointments.****