

**Swarthmore College Student Health Services**  
**Immunotherapy (Allergy) Information Sheet**

**\*DON'T LEAVE EARLY\*\*\*WAIT 30 MINUTES\*\*\*DON'T LEAVE EARLY\***

Swarthmore College Student Health Services provides administration of allergy injections during designated "Allergy Clinic" hours. There is not an allergist on site; therefore we require detailed allergy treatment instructions from your allergist. Your injections will be administered under the supervision of qualified medical personnel following guidelines established by ACAAI, the American College of Allergy, Asthma & Immunology.

It is the student's responsibility to attend the "Allergy Clinic" according to their prescribed injection schedule. Frequently missed injections will increase the risk of adverse reactions to the allergen serum. The student is required to take their serum at the end of the semester – Health Services will not mail allergy serums.

You are receiving injections of the materials to which you are most allergic. You may have very significant local or generalized reactions that would require prompt treatment. Nearly all of the serious and rapidly progressive reactions begin within the first 30 minutes. Local reaction: swelling at the injection site may be treated by placing ice on the swollen area. Oral antihistamine (such as Benadryl) may also be administered to reduce local itching.

**You must wait 30 minutes after each shot and not exercise for at least 2 hours after injection.**

Promptly inform one of the nurses if you are having any significant increase in itching, hay fever, asthma, hives or discomfort.

Those patients having their doses increased are most likely to have reactions, but even "old" patients occasionally have serious reactions.

The serious local or generalized reactions that may occur after you leave Student Health Services need prompt treatment as well. Reactions usually progress slowly giving you time to return to Student Health Service. Take your regular medicine as soon as you notice a reaction. If you are having a reaction requiring immediate help, call campus Public Safety @ **610-328-8333**.

Reactions occurring after leaving Student Health Services must be reported before you receive your next shot, in order that your next dose may be appropriately adjusted.

If you have a significant illness, wheezing or fever over 100 degrees you should be seen at Student Health Service and the allergy shot delayed until the next shot day. Please notify the nurse if you are pregnant or receiving a beta blocker.

I understand the above instructions and have been given the chance to ask questions. I consent to the administration of allergy injections at Student Health Services.

Print Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_