



## FAQ's of Sublingual Immunotherapy

### **Does my insurance cover sublingual immunotherapy?**

Because allergy drops are considered an off-label use of the FDA-approved allergen extracts, your insurance will not cover this treatment. Many medications are commonly used in an FDA off-label manner when a physician determines it is best for treatment of the patient.

People are expected to pay cash for sublingual immunotherapy before vials are mixed. Therefore, please call our office to make payment when you only have 2 weeks of treatment remaining.

Even though traditional allergy shots are covered by insurance, the expense of sublingual immunotherapy is very competitive in cost comparison. Co-pays and deductibles must be paid with traditional allergy shots. Furthermore, with traditional allergy shots, there are more costs associated with travel time and time away from work. Sublingual immunotherapy does not involve any co-pays or deductibles and is very convenient for the patient.

It is possible that the costs of sublingual immunotherapy could be covered by a Health Savings Account (HSA) associated with your insurance; however, you are solely responsible for determining if your HSA plan will cover your sublingual immunotherapy costs.

### **How do I take the allergy drops?**

The allergen extract is provided in bottles that allows easy dosing under the tongue. Place the drop(s) under the tongue and hold them there for 2 minutes. Afterwards, you may swallow the drops, or if local mouth itching occurs, then spit out the dose.

### **When should I take the drops?**

You should take the drops in the morning, once daily.

### **How long do I have to wait after taking sublingual therapy before eating?**

To ensure maximum absorption of the drops, it is best to wait 5 minutes before eating or drinking anything.

### **How do the drops taste?**

The treatment vials contain a glycerin preservative to maintain stability. Most people do not experience much taste, but if anything, there is a slightly sweet taste.

### **Can I travel with sublingual immunotherapy?**

Yes, this is one of the main advantages of drops. The dropper vials have a small enough volume to be carried-on to any airline.