



## Sublingual Immunotherapy

Sublingual Immunotherapy is an alternative method of delivering allergy treatment using drops of allergen serum under the tongue. The drops are held under the tongue and then swallowed.

Advantages of Sublingual Immunotherapy as compared to traditional allergy shots include:

- Very few side effects have been reported. Occasional reports of runny nose, itching nose and mild stomach upset have been noted.
- Convenience of home dosing at all treatment levels.
- Excellent alternative for patients who travel frequently.
- Efficacy (allergy symptom improvement) equal to allergy shot results.
- Eliminates needle anxiety, especially for children.
- Less blood and latex exposure.
- Allows treatment for those with hypersensitive skin.
- No weekly co-pay as compared to allergy shots.

Disadvantage of Sublingual Immunotherapy as compared to tradition allergy shots include:

- Daily dosing is required instead of weekly dosing.
- Sublingual Immunotherapy costs are not covered by any health plan at the current time.

The following are cost factors to consider for traditional allergy shots:

- Weekly office visit co-pay multiplied by 9 weeks.
- Time commitment: Plan on 30 minutes in the physician's office plus travel time to and from physician's office multiplied by 9 weeks
- Fuel cost for travel time.
  - The above costs do not apply to Sublingual Immunotherapy.

Sublingual Immunotherapy treatment vials cost \$150 (3 month vial) or \$110.00 (2 month vial).

I have read and understand the requirements and commitment of starting Sublingual Immunotherapy. I have been advised of the benefits and risks involved and have been given the opportunity to have my questions answered. I have been trained on the appropriate use of an Epi-Pen and handling an anaphylactic emergency. I am ready to begin therapy and am willing to work as a team with my physician and the allergy care team to obtain optimal results from immunotherapy.

Patient/Guardian Signature: \_\_\_\_\_ Date \_\_\_\_\_

Staff Signature: \_\_\_\_\_ Date \_\_\_\_\_