Duke Student Health Allergy Clinic (DSHAC)  
Allergy Immunotherapy Instructions

1. Avoid rubbing or scratching injection sites.
2. Avoid vigorous exercise immediately after injections such as jogging, power walking and gym workouts. It is recommended that you wait at least 2 hours following injections to minimize side effects.
3. If your allergist has instructed you to take an antihistamine prior to your injections, please do so and inform the nurse prior to getting shots that you have taken an antihistamine.
4. If your allergist has instructed you to have your EpiPen with you on injection days you must show the allergy nurse your Non Expired EpiPen. If you do not have your EpiPen, you will have to reschedule your injections.
5. During the 30 minute waiting period after injections, notify the nurse if you experience any of the following:
   - Sudden onset of severe hay fever symptoms
   - Flushing or perspiring (sweating)
   - Coughing, wheezing or shortness of breath
   - Anxiety
   - Nausea
   - Itching
   - Hives or rash
   - Facial swelling
   - Tightness in throat or chest
   - Sensation of 'pins and needles' on skin
   - Dizziness
6. You must have all injection sites checked by a nurse after your 30 minute waiting period and before you leave the clinic.
7. Most serious systemic reactions develop within 30 minutes after allergy injections. This is why it is recommended that you wait in the office for that time. If systemic symptoms occur after leaving our office, you will need to go to the nearest emergency room.
8. If any local (site of the injection) reactions occurs;
   - Take an antihistamine (such as Benadryl, Claritin or Zyrtec) and call the Student Health Center at (919) 681-9355.
   - Record the time of the local reaction / symptoms and how long it / they last.
   - Report any history of reactions or symptoms to the nurse before receiving any future injections.
9. Allergy injections will never be given without the presence of a physician in the facility.
10. Please try to schedule your appointment times in advance and in accordance with the prescribed plan. If you are unsure of your plan, double check with the DSHAC nurse.
11. If you are late for your appointment time, you will have to reschedule.
12. You must have working voicemail on your phone so that we can reach you as needed.