

# PATIENT'S MEDICAL HISTORY BEFORE TODAY'S ALLERGEN IMMUNOTHERAPY

YES NO

Was the last injection well tolerated?  YES  NO

Were there side effects such as swelling of the skin or mucous membranes, rhinitis, sneezing, rash, itching, circulatory problems, nausea, dizziness, cough, shortness of breath?  YES  NO

If yes, the following: \_\_\_\_\_  
\_\_\_\_\_

How is the general condition? \_\_\_\_\_  
\_\_\_\_\_

Are there any current stressful or other stressful situations?  YES  NO

Are there any current complaints and/or new onset of concomitant illnesses, e.g. an infection, shortness of breath, cough or cold?  YES  NO

If yes, the following: \_\_\_\_\_  
\_\_\_\_\_

Do you have any asthma symptoms?  YES  NO

Have you used your emergency asthma spray in the last few days?  YES  NO

Have you received a vaccination in the last few weeks or are you scheduled to receive a vaccination?  YES  NO

Has there been any contact with allergy-causing substances?  YES  NO

Are you taking any new medications (especially antihypertensive medications such as: beta-blockers or ACE inhibitors)?  YES  NO

If yes, the following: \_\_\_\_\_  
\_\_\_\_\_

Are you currently pregnant?  YES  NO

## GET MORE TIPS AND INFORMATION

If you would like additional information, visit us at our Patient Information Portal.

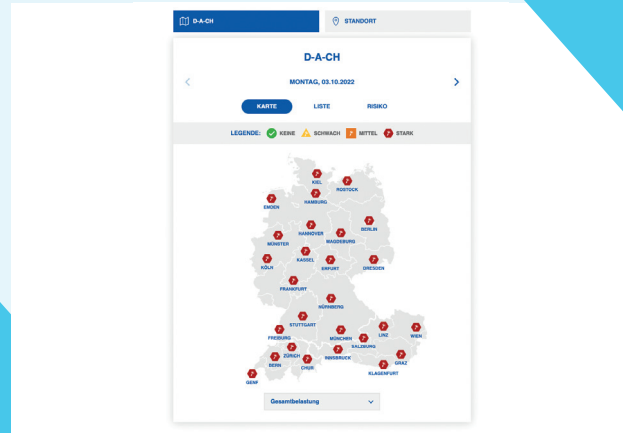
[www.allergie-freizeit.de](http://www.allergie-freizeit.de)



For example, here you will find a practical pollen forecast for the DACH region (see screenshot below) and many more useful tips. (Note: Website in German)



A symptom calendar and many helpful questionnaires are also available for you under downloads: [www.allergie-freizeit.de/downloads/](http://www.allergie-freizeit.de/downloads/) (Note: Documents in German)



In 2022 again, our website [allergie-freizeit.de](http://allergie-freizeit.de) received the „MeinAllergiePortal Digital Health Heroes Award“ as a very well-designed and helpful communication service for allergy sufferers.

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*What, when and how in case of allergies*

## ALLERGEN IMMUNOTHERAPY

*Explanation, Therapy, Tips for You*



## TREATMENT OF ALLERGIES

The word allergy essentially means „foreign reaction“. This fairly accurately describes what happens in your body in case of an allergy. An allergy is nothing more than an exaggerated defense reaction of the immune system to certain, normally harmless environmental substances. These substances are called allergens.

The aim of allergy treatment is to reduce symptoms of those affected on the one hand while preventing disease progression on the other.

### ALLERGEN IMMUNOTHERAPY - TREAT THE CAUSE OF ALLERGY

Allergen immunotherapy (AIT) is the only form of treatment that counters the cause of allergy. This can alleviate the symptoms and thus improve the quality of life of those affected. It can also obviate the allergic disease from progressing by preventing the development of allergic asthma from allergic rhinitis and new allergies. In addition, allergen immunotherapy can have effects that last beyond the duration of therapy.

### TREATING ALLERGY WITH ALLERGEN IMMUNOTHERAPY

- Goal** Treat causes of allergy.
- Approach** To get the immune system accustomed to allergens.
- Impact** Alleviate discomfort. Prevent disease progression and emergence of new allergies.

## COURSE AND DURATION OF ALLERGEN IMMUNOTHERAPY

Once you have opted for allergen immunotherapy, there are two ways to introduce allergy-triggering allergens into your body: either subcutaneous immunotherapy (SCIT) as an injection into subcutaneous tissue or as drops/tablets via the oral mucosa (sublingual immunotherapy, SLIT).

Allergen immunotherapy should generally be given for three years. Symptoms may regress even in the first year after starting treatment and may continue improving noticeably in the following years.

### SUBCUTANEOUS IMMUNOTHERAPY

Subcutaneous allergen immunotherapy (SCIT) is administered as a subcutaneous injection. A slow and gradual increase in the amount allows the body to become accustomed to the allergens and to tolerate them. Treatment itself may be divided into two phases:

#### INITIATION THERAPY

During initiation therapy, an increasing amount of allergen is injected into the upper arm until the individual maximum dose is reached. The injections are administered at intervals of 3 to 14 days depending on the preparation used, usually at weekly intervals.\*

#### MAINTENANCE THERAPY

After reaching the maximum dose, intervals between injections in the so-called maintenance therapy can be extended to 4 to 8 weeks depending on the preparation used.\*

#### THE RIGHT TIME

In the case of pollen allergy, subcutaneous immunotherapy (SCIT) is usually started during the symptom-free period. In the case of complaints occurring throughout the year, for example due to mite allergens, the therapy can be started at any time.

\*Please refer to the instructions for use and information sheet for expert.

## TO BE KEPT IN MIND



Discuss your **medical history** with your doctor before beginning therapy to determine whether the allergen immunotherapy is suitable for you.



Be sure to **keep your appointments** to ensure success of therapy.



**After the injection, various symptoms typical of allergies may occur.** Most frequently swelling, redness and itching at the injection site, very rarely rhinitis, sneezing, skin rash, shortness of breath, circulatory problems, gastrointestinal complaints and extremely rarely allergic shock reactions. **Therefore, wait at least 30 minutes in the doctor's office after each injection!** Inform the medical personnel about any discomfort you may have.



**Refrain from physical exertion, sauna visits and alcohol after the injection,** as these factors may amplify a possible reaction to the allergen. Please also note that fatigue may occur!



Redness, itching and swelling may occur at the injection site even hours after the injection.



**Inform your doctor how well you tolerated each preceding injection.** Inform him about medical treatments, newly occurred illnesses and planned extended absences.