**Allergy Immunotherapy Student Responsibilities**

1. Avoid vigorous exercise for at least one hour before and two hours after receiving your injections. Exercise can make your body absorb the serum more quickly which can put you at risk for an allergic reaction.
2. Certain prescription medications can increase sensitivity to allergens and potentiate a severe allergic reaction. If you have been prescribed any new medications since receiving your last allergy injections at Student Health, it is imperative you inform the nurse before receiving any further injections.
3. If your allergist requires you to pre-medicate with an antihistamine before your injections and you have not done so, **you will need to reschedule your appointment.**
4. **If you are ill or experiencing an increase in your allergy or asthma symptoms you may be asked to reschedule your appointment.**
5. If you become pregnant, please inform the nurse and your allergist prior to your next allergy injections. Student Health does not administer allergy injections to pregnant patients.
6. You must remain inside the health center after receiving your injections a minimum of 20 minutes unless your allergist has prescribed a longer period. Your injection sites must be checked by a nurse at the end of this waiting period. There are no exceptions and failure to abide by this policy may result in termination of your allergy injections at Student Health.
7. If a new order is needed, we will notify your allergist office we need a written order which must be signed by your allergist and faxed to SHS. We will not be able to proceed until we receive the completed fax.
8. Noncompliance with the dosing schedule prescribed by your allergist may result in termination of your allergy injections at Student Health.
9. We will notify you when new allergy extract is needed. It is your responsibility to call your allergist’s office to make arrangements to obtain new extract. Antigens must be transported by you and kept as refrigerated as possible by using cold packs during transport. We do not mail antigens to your allergist.
10. We will provide a copy of your allergy treatment record to take with you when receiving injections at your allergist’s office. It is your responsibility to ensure that the staff who administers your injections record the date, dosage, site, reactions at injection sites, even if zero, and documents this with their signature or initials. Bring this documentation and any updated instructions when returning to Student Health.
11. While waiting to have the injection sites checked, please notify the nurse immediately if you experience any of the following symptoms:
    1. Increased or new onset of runny nose, sneezing, nasal congestion, swelling of the lips or tongue, cough, wheezing, shortness of breath, tightness or itching to throat or chest, generalized itching, hives, warm flushed feeling to face or body, "pins & needles" sensation of the skin.
12. It is possible to experience a local or systemic reaction later in the day after receiving your injections.
    1. If a delayed local reaction occurs, record the time and size of the reaction and how long it lasts. Report this to the nurse BEFORE receiving additional injections so the nurse can contact your allergist for instructions if needed.
    2. If you have left the health center and experience symptoms described under #11 above, Use your EpiPen if prescribed & seek emergency medical attention immediately by calling 911.

**I have read and understand my responsibilities as written above and request my allergy injections be administered at Student Health.**

**Name: Bronco ID:**

**Signature: Date:**