



How to Use Allergy Drops at Home

Allergy drops are meant to be used daily at home. We recommend that you keep your bottle next to your toothbrush as a reminder to take a dose every morning. You should not use your drops if you have any open sores or lesions in your mouth. Follow your schedule and be sure to give the appropriate amount of drops.

- Wash your hands before and after drops use, taking extra care to wipe the bottle if any extract happens to get on the outside. Gloves may be worn if desired.
- While looking in a mirror, place the drops under your tongue.
- Hold them there for 2 minutes and then swallow.
- Do not eat for 5 minutes after using your drops.

If you miss a dose, wait until the next day and administer the correct dose. If you miss several days, up to one week, start to administer the correct dose. If you miss more than one week please call our office for instructions.

If you have a reaction greater than a minor local reaction, stop using your drops and call our office.

- **Minor local reaction:** Itching or swelling of the mouth or tongue, upset stomach or nausea. Typically these symptoms improve over the first 2-4 weeks of continued treatment. If these symptoms occur we recommend that you take an antihistamine, such as Claritin, Zyrtec or Allegra before or after using your allergy drops.
- **Systemic reaction:** Cough, wheeze, shortness of breath, chest tightness, difficulty swallowing hives, uterine cramping, or itching of your palms. You will be prescribed self-injectable epinephrine (Epi-pen). If any one of these symptoms occurs, follow your written Emergency Plan, which may include the self –administration of epinephrine (Epi-Pen). Please seek immediate care, discontinue therapy and call our office for further instructions.

Please do not hesitate to call our office if you have any questions or concerns at (616) 949-4840.