

**ATTACHMENT 2: SIDE EFFECTS:** The following is a guide to treating side effects you may experience. Symptoms that can be blamed on SLIT will almost always occur within an hour after dosing, and most often within a few minutes.

## **MOUTH:**

Local reactions include itching or mild swelling of the mouth, lips, tongue, or a sense of swelling or fullness under the tongue. These symptoms are very common, and typically begin within minutes after administration of the extract, may last up to an hour, and do not normally require treatment; if symptoms are recurrent, bothersome, or persist, **you may choose to do one or more of the following:**

For TREATING bothersome acute episodes:

- 1) Thoroughly rinse mouth/gargle with cold water, and spit out; then drink 1 full glass of cold water.
- 2) Take an antihistamine (such as Alavert, Claritin, Clarinex, Zyrtec, Xyzal, Allegra or Benadryl).

**WARNING:** Sedation is a possible side effect of antihistamine use, and caution is advised when driving or performing other tasks requiring mental alertness.

For DECREASING FUTURE reactions if these symptoms are recurrent:

- 1) **Reduce your next dose by 2 steps**, continue at that step for 3 days, and then advance back on the schedule as usual. Do not increase your dose if your symptoms continue or get worse, and call our office.
- 2) Take an antihistamine at least 1 hour prior to (or the night before) your SLIT.

## **GASTROINTESTINAL:**

Less commonly, gastrointestinal symptoms may occur, such as an upset stomach, nausea, abdominal cramping/bloating and diarrhea. These reactions normally do not require treatment, but if they are recurrent, bothersome, or persist, **you may choose to do one or more of the following:**

For TREATING bothersome acute episodes:

- 1) Drink 1 glass of cold water.
- 2) Take an antihistamine (such as Alavert, Claritin, Clarinex, Zyrtec, Xyzal, Allegra or Benadryl).

**WARNING:** Sedation is a possible side effect of antihistamine use, and caution is advised when driving or performing other tasks requiring mental alertness.

For DECREASING FUTURE reactions if these symptoms are recurrent:

- 1) **Reduce your next dose by 3 steps**, continue at that step for 3 days, and then advance back on the schedule as usual. Do not increase your dose if your symptoms continue or get worse, and call our office.
- 2) Take an antihistamine at least 1 hour prior to (or the night before) your SLIT.
- 3) Instead of swallowing the extract, after holding the drops under the tongue for 2 minutes, spit it out.

## **OTHER MILD SYMPTOMS:**

Other mild-moderate symptoms may include:

- Eye symptoms: itching, redness, mild swelling around the eyes.
- Nasal symptoms: runny nose, sneezing, congestion, postnasal drainage/throat clearing/mild cough.
- Skin symptoms: mild itching, hives.

For TREATING bothersome acute episodes:

- 1) Take an antihistamine (such as Alavert, Claritin, Clarinex, Zyrtec, Xyzal, Allegra or Benadryl).

**WARNING:** Sedation is a possible side effect of antihistamine use, and caution is advised when driving or performing other tasks requiring mental alertness.

- 2) If symptoms are still present after 30 minutes, you may take an additional dose of your antihistamine. If your symptoms are getting worse, seek immediate medical care or see the section below on severe reactions.

For DECREASING FUTURE reactions, perform **both** of these steps and call our office:

- 1) **Reduce your next dose by 4 steps**, continue at that step for 3 days, and then advance back on the schedule as usual. Do not increase your dose if your symptoms continue or get worse. Call our office if these symptoms continue to occur.
- 2) **And**, take an antihistamine everyday (such as Alavert, Claritin, Clarinex, Zyrtec, Xyzal, Allegra or Benadryl) at least 1 hour prior to (or the night before) taking your SLIT.

## **MORE SEVERE REACTIONS:**

These are very rare, but could include any or all of the following symptoms:

- Respiratory symptoms: wheezing, chest tightness, shortness of breath, severe coughing;
- More severe throat, tongue or mouth swelling that may interfere with ability to talk, breathe, or swallow;
- Other severe symptoms, such as lightheadedness, palpitations and low blood pressure or passing out.

If these are present and severe, you should use your Epi-Pen as you have been taught. Use your asthma rescue medicine (such as albuterol) if available. Take an antihistamine immediately. Seek additional medical care **immediately** (such as calling 911, going to the emergency room) and contact our office for further instructions.

**If you continue to have problems despite following the above instructions,  
Or have additional questions, please call our office.**