

Patient Instructions Prior to RUSH Immunotherapy

Pre-medication Guidelines

The following medications are started on the day before RUSH immunotherapy is to be initiated. It is very important that you take these medications as directed before your RUSH procedure:

Medications to be taken one day prior to RUSH:

- Morning:
 1. 2 tablets of Prednisone 20mg tablets
 2. 1 tablet of Allegra 180mg tablets
 3. 1 tablet of Singulair 10mg tablets
 4. 2 tablets of Zantac 75mg tablets

- Evening
 1. 2 tablets of Zantac 75mg tablets

Medications to be taken on the morning of RUSH, prior to coming to the clinic

1. 2 tablets of Prednisone 20mg tablets
2. 1 tablet of Allegra 180mg tablets
3. 1 tablet of Singulair 10mg tablets
4. 2 tablets of Zantac 75mg tablets

You should plan to spend at least 4 hours at the clinic. Please feel free to bring things to occupy your time such as books, work or a laptop computer. You may also wish to bring something to eat, as you will not be able to leave the office once the procedure has begun.

Please wear comfortable clothing; a short-sleeved shirt is helpful to allow us to access your arms to administer your injections.

Following RUSH Immunotherapy

Avoid any type of exercise or become overheated. Apply ice packs to your arms as needed to help relieve the swelling and discomfort.

Return in a week for your next allergy injection. For the next 2-3 months, you should receive your injections about once a week.

During the time that you are still building up to your highest tolerated dose, take an antihistamine approximately 2 hours before your allergy injections. This will help to prevent local and systemic reactions.

Do not hesitate to call Dr. Lee at 214-370-5700 should you experience any side effects.