Dear Ms or Mr. First Last:

I understand that you or your daughter or son will be receiving your allergy injections outside of my office at another health care facility. For your continued safety and well-being I want to make sure you are fully aware of several important issues regarding allergy shots. I have enclosed a copy of the Florida Allergy, Asthma and Immunology Society’s position statement on this issue for more complete reading.

As I mentioned, my main concern is for your health and safety. Allergy shots can be very effective for allergic disease when given under appropriate medical supervision on a regular basis. However, as is true with any form of treatment, there are potential side effects. By injecting allergic people with the very things they are allergic to, it is possible that they will develop an allergic reaction such as shortness of breath, hives, drop in blood pressure and even loss of consciousness. Very rarely, these reactions can be life-threatening. It is for these reasons that patients are not allowed to receive their injections at home. In order to treat these reactions the doctor supervising your injections should be prepared to treat an adverse reaction and have available the following:

1) adrenaline for injection
2) oxygen
3) intravenous fluids
4) a tube for your airway to help you breathe

It is important that you stay in the office for 20-30 minutes after your injection. Adjustments in your dosage should be made if you begin having large bumps on your arm, hay fever symptoms or asthma after shots. If you are having your dose escalated, this should be curtailed whenever you come to the office with a flare of your allergic symptoms. The physician monitoring your injections should be comfortable adjusting your allergy dose according to these and other standard allergen immunotherapy guidelines.

Together we can take control of your allergic problems. Help me help you by getting your shots on a regular basis. Feel free to call on us if you have any questions regarding your injections. I look forward to seeing you at your next office appointment.

Sincerely yours,
Dr. Best Allergist

c. Enc. Position Statement - “Administration of Allergen Immunotherapy Outside the Facility of the Prescribing Allergist/Immunologist”

cc: patient’s primary M.D