

# Sublingual Serum | Instructions & Daily Log

**1 STARTER PHASE**

Dropper 1	# of drops	month/day
Day 1	1 drops	/
Day 2	1 drops	/
Day 3	2 drops	/
Day 4	2 drops	/
Day 5	3 drops	/
Day 6	3 drops	/
Day 7	4 drops	/
Day 8	4 drops	/
Day 9	5 drops	/
Day 10	5 drops	/

Proceed to Dropper Bottle **2**

**2 STARTER PHASE**

Dropper 2	# of drops	month/day
Day 11	1 drops	/
Day 12	1 drops	/
Day 13	2 drops	/
Day 14	2 drops	/
Day 15	3 drops	/
Day 16	3 drops	/
Day 17	4 drops	/
Day 18	4 drops	/
Day 19	5 drops	/
Day 20	5 drops	/

Proceed to Dropper Bottle **3**

**3 STARTER PHASE**

Dropper 3	# of drops	month/day
Day 21	1 drops	/
Day 22	1 drops	/
Day 23	2 drops	/
Day 24	2 drops	/
Day 25	3 drops	/
Day 26	3 drops	/
Day 27	4 drops	/
Day 28	4 drops	/
Day 29	5 drops	/
Day 30	5 drops	/

Proceed to Dropper Bottle **4**

**4 STARTER PHASE**

Dropper 4	# of drops	month/day
Day 31	1 drops	/
Day 32	1 drops	/
Day 33	2 drops	/
Day 34	2 drops	/
Day 35	3 drops	/
Day 36	3 drops	/
Day 37	4 drops	/
Day 38	4 drops	/
Day 39	5 drops	/
Day 40	5 drops	/

Proceed to Dropper Bottle **5**

**5 BUILDING PHASE**

Dropper 5	# of drops	month/day
Day 41	1 drops	/
Day 42	1 drops	/
Day 43	2 drops	/
Day 44	2 drops	/
Day 45	3 drops	/
Day 46	3 drops	/
Day 47	4 drops	/
Day 48	4 drops	/
Day 49	5 drops	/
Day 50	5 drops	/

Proceed to Dropper Bottle **6**

**6 BUILDING PHASE**

Dropper 6	# of drops	month/day
Day 51	1 drops	/
Day 52	1 drops	/
Day 53	2 drops	/
Day 54	2 drops	/
Day 55	3 drops	/
Day 56	3 drops	/
Day 57	4 drops	/
Day 58	4 drops	/
Day 59	5 drops	/
Day 60	5 drops	/

Proceed to Dropper Bottle **7**

**7 BUILDING PHASE**

Dropper 7	# of drops	month/day
Day 61	1 drops	/
Day 62	1 drops	/
Day 63	2 drops	/
Day 64	2 drops	/
Day 65	3 drops	/
Day 66	3 drops	/
Day 67	4 drops	/
Day 68	4 drops	/
Day 69	5 drops	/
Day 70	5 drops	/

Proceed to Dropper Bottle **8**

**M MAINTENANCE PHASE**

Dropper M	# of drops	month/day	# of drops	month/day
Day 71	1 drops	/	Day 81	2 drops /
Day 72	1 drops	/	Day 82	2 drops /
Day 73	1 drops	/	Day 83	2 drops /
Day 74	1 drops	/	Day 84	2 drops /
Day 75	1 drops	/	Day 85	3 drops /
Day 76	1 drops	/	Day 86	3 drops /
Day 77	1 drops	/	Day 87	3 drops /
Day 78	2 drops	/	Day 88	3 drops /
Day 79	2 drops	/	Day 89	3 drops /
Day 80	2 drops	/	Day 90	3 drops /

Call Provider For Checkup, More Drops

Continue With 3 Drops, Proceed to Next Bottle

## Starter Set Information

- Allergy drops do not need refrigeration but should not exceed room temperature.
- Follow the numbers and color coding to determine the proper bottle. Administer the number of drops for each day based on the charts at left. There may be some serum remaining in the bottle when you complete the 10 days.
- To ensure the correct quantity, count the drops of serum as you administer them or count the drops onto a spoon and then apply orally as directed.
- For maximum absorption, hold the serum in mouth for two minutes, then swallow.
- To achieve immune modulation, take the drops every day for 4 years. Occasionally missing a day or two is acceptable but maintain a regular schedule for best results — consistency is important.
- If you have questions about the proper technique to administer the drops, visit [allervision.com](http://allervision.com) and watch the "Important Allergy Video."

**Before finishing your starter kit,** contact your provider to schedule a follow-up appointment and to order your first maintenance refill.



©2011 AllerVision LLC, Scottsdale, AZ. All rights reserved.

# Risk of Adverse Reaction

Anaphylaxis, a severe allergic reaction, is exceedingly rare in patients treated with sublingual immunotherapy (SLIT), but it is important that you become familiar with the symptoms and proper response in case of emergency.

## Anaphylaxis Symptoms

Anaphylaxis is a “systemic reaction,” which means that your body may be affected far from the allergen’s entry site. Symptoms vary from mild to severe and may occur alone or in any combination:

- **SKIN:** hives, swelling, itchiness, warmth, redness, rash
- **BREATHING:** wheezing, shortness of breath, throat tightness, cough, hoarse voice, chest pain/tightness, worsened nasal congestion/hay fever-like symptoms, trouble swallowing
- **STOMACH:** nausea, pain/cramps, vomiting, diarrhea, itchy mouth/throat
- **CIRCULATION:** pale/blue color, poor pulse, passing-out, dizzy/lightheaded, low blood pressure, shock
- **OTHER:** anxiety, feeling of “impending doom,” red/itchy/watery eyes, severe headache, cramping of the uterus

Reactions may occur within minutes of exposure to an allergen, or they may be delayed for hours. It is possible for symptoms to resolve briefly and recur or progress hours later.

If you have any questions about side effects, contact your health care provider. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

## **Anaphylaxis is a medical emergency that requires immediate treatment.**

If you experience symptoms of anaphylaxis, use your Epinephrine Auto-Injector and call 911 or have someone drive you to the nearest emergency room. You should review the instructions that came with your Auto-Injector so you are prepared to use it if the need ever arises.