

ALLERVISION Sublingual Immunotherapy Frequently Asked Questions

How does sublingual immunotherapy work?

Low doses of harmless allergens are placed under your tongue where they are absorbed by tiny capillaries. These allergens then attach to dendritic cells, which in turn affect your TH2 cells in ways that reduces and/or eliminates allergies and related symptoms.

When should I start to see results and how long will they last?

Within the first three months of sublingual immunotherapy (SLIT) treatment. By the time you come in for the follow up at 12 weeks you'll likely be feeling much better and already taking less of your usual allergy medications. The length of relief varies from person to person but most patients experience significant improvement for at least 10-15 years. For some, it will be significantly longer!

Which allergies are covered by SLIT?

Your SLIT serum will be specifically formulated for you based on the allergens you are allergic to.

Can I stop taking allergy medications when I start drops?

You should stay on allergy medications at the start of SLIT therapy. At the first follow-up visit (about 12 weeks after treatment begins) your provider will begin to taper the medications. You may find you have already started feeling so much better by the first visit that you are no longer medication-dependent.

Is sublingual immunotherapy treatment FDA approved?

The antigens in the treatment are FDA approved for use in shots. Sublingual therapy is an "off label" use. It is similar to using Albuterol in children, or giving baby aspirin to prevent heart disease. Sublingual application is clinically proven to be safer than injections and is endorsed by the World Health Organization.

How often do I need to be seen by my healthcare provider?

About every 12 weeks throughout the course of treatment. On these follow-up visits your provider will give you a quick exam, discuss your progress, and prescribe your refill. The drops should last about three months, but since a drop is not a precise measure the supply may last a bit longer or run out a bit sooner. Come in when you need to.

How often will I get retested?

Once each year. Re-testing helps you and your provider evaluate your improvement. It is important, though, to understand that the skin test is just one measure in the assessment of progress toward remission.

How long do I stay on SLIT?

Three years. If you are unable to complete the treatment, the allergen resistance will last a few weeks or months after treatment is discontinued. You will be able to restart treatment at any time, but if several months have passed you may be advised to restart at the first stage of treatment.

Do the drops work on food allergies?

They do not target food allergies and will not be effective against severe reactions to foods. However, some patients complain of itchy mouth or runny nose with certain foods. This syndrome is often not actually a

food allergy but a symptom of cross-reactivity with common allergens and it will likely improve significantly with SLIT.

Why aren't drops covered by insurance?

FDA-approved antigens were approved for injections, not sublingual delivery. Sublingual drops are proven to be safer than injections, but SLIT is still considered an "off label" use.

How safe is sublingual immunotherapy?

Drops are extremely safe, with rare, and mild, side effects. There are no fatalities reported. SLIT has been used for over 60 years worldwide and the majority of allergy patients in Central Europe receiving immunotherapy use SLIT.

If I am on shots, can I transition to drops?

Yes! Talk to your allergy treatment provider; you'll find the transition is quick and seamless and could start immediately!

What if I miss a dose of drops?

If you miss one dose, or even a few, you can pick up where you left off. If the drops are discontinued for more than one month you may be advised to restart the treatment process.

What if I take more than the regular dose?

SLIT drops are NOT medication and have no additives, so there is generally no reason to be concerned. However, it's important to watch closely for signs of allergic reaction. Go to the emergency room (ER) immediately if you feel symptoms of severe allergic reaction.

What if my child gets a hold of the bottle and drinks it?

SLIT drops are essentially grass, weeds, pollen, etc. and are completely nontoxic; there is generally no reason to be concerned if a child consumes them. But watch closely for signs of allergic reaction and take your child to the ER if he/she develops signs of reaction.

What if my pet chews up the bottle and swallows the drops?

The ingredients of SLIT drops are part of a pet's normal life so there is usually no reason to worry if your pet consumes them. However, if your pet shows signs of allergic reaction, take it to the vet immediately.

Is there an age limit for testing and treatment?

No. Small children will be tested for fewer antigens than older children and adults, but the test is safe for children of any age.

Should we really test and treat young children?

Absolutely! Young children tolerate testing and treatment extremely well. There is a rare opportunity with young children to actually stop the well-known progression of allergies into asthma. This is the most effective path to a healthy future for children suffering from allergies!

What are the biggest advantages of SLIT?

It's safe for children and adults; convenient because it's administered at home and takes just two minutes per day; painless and easy; ideal for frequent travelers, who can take the drops anywhere; very cost effective.