



Allergy Shot Clinic

What the Allergy Shot Clinic can do for you

The UMW Allergy Shot Clinic helps you continue the allergy shots prescribed by your allergist while here at Mary Washington. We do not have an allergist on staff so we cannot test you for allergies, prescribe allergy serum or start you on allergy shots. These guidelines will help you receive optimum benefit from your allergy immunotherapy under the safest possible conditions while at the University.

What we need from you

Before any allergy injections will be given the following information from your Allergist is required:

1. **Your Serum** clearly labeled with antigen name, concentration, and expiration date on each vial.
2. **Your current allergy serum injection schedule** with the amount, frequency, and date of the last injection you received and any reaction experienced.
3. **Instructions for missed or late injections.**
4. **Instructions for reactions.**
5. **Phone and fax numbers** for your Allergist in case we need to contact them.

Bring the serum and papers from your Allergist to the Student Health Center (SHC) when you arrive on campus and allow time for the Allergy Nurse to review everything prior to scheduling your first appointment.

Safety Rules

Allergy serum injections will be administered by appointment and only when the physician is available and in the building. You must wait in the SHC 20 – 30 minutes under observation after each allergy injection in case of a reaction. **This is mandatory.**

Notify the nurse if you experience swelling or itching at the injection site, hives, wheezing or shortness of breath, coughing, facial swelling, flushing, increased nasal congestion or sneezing. In case of delayed reactions after leaving the SHC, take an antihistamine, e.g., Benadryl, your Zyrtec, Allegra, or Claritin, and return to the SHC. **In case of severe reaction, call 911.**

Avoid vigorous exercise (workouts) for one hour before and after allergy injections. Wait 48 hrs before and after receiving allergy serum for any other immunizations, including flu shots.

Your Allergy Serum

Current patients are responsible for re-ordering allergy serum and bringing it to the SHC or having it mailed by your allergist's office. We will be happy to assist in re-ordering serum by faxing the appropriate forms to your Allergist. The SHC is not responsible for postage, or for mailed materials that are lost, un-refrigerated, or otherwise damaged.

The UMW Allergy Shot Clinic patient is responsible for adhering to the schedule outlined by his/her physician. If you are leaving campus for breaks and injections are due, you must pick up your shot record and serum. You are responsible for making appointments with your allergist at home. We recommend the use of a cooler for extended travel/transport of your serum. Unclaimed vials will be discarded upon expiration.

THE SHC WILL NOT MAIL SERUM TO YOU IF YOU FORGET TO TAKE IT HOME.

Charges

The charge is \$5.00 for your injection visit, billed through Student Accounts at the end of each semester. You will be given a statement to submit to your insurance. The SHC does not file any insurance claims.