

## Allergy Shot Clinic Policy

### *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 provider to review everything prior to scheduling your first appointment.

### *Safety Rules*

Allergy serum injections will be administered by appointment and only when the physician or nurse practitioner is available and in the building. You must wait in the SHC 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.

## Allergy Shot Clinic Informed Consent

You must read, understand and sign this form before receiving allergy shots at the SHC.

I \_\_\_\_\_ request allergy injections at the University of Mary Washington Student Health Center (SHC). I have read and agree to abide by the UMW SHC *Allergy Shot Clinic Policy* as posted on our website. In summary, I understand:

- The SHC is not my allergist.** You need to see your allergist annually and as needed for serum changes.
- I will provide my serum,** properly labeled, as prescribed by my allergist. When I come to campus, I will visit the SHC and sign-in my allergy serum. The SHC will keep it in refrigeration.
- I will sign-out my serum,** when leaving campus for extended periods of time such as the end of the academic year. If I forget to pick up the serum, I know that the SHC will NOT mail it to me not reimburse the cost of the serum. All expired serum will be discarded.
- I will follow my injection schedule.**
- I will schedule appointments 24 hours in advance.** The SHC will not administer allergy shots on a walk-in basis. The nursing staff and physician are only available at certain times. The SHC does not administer allergy shots during the summer. I can make my next appointment after each visit or by calling 540-654-1040 twenty-four hours in advance.
- I will plan my visit and wait the proper time.** Allergy shots are safe, but there is a small risk of an acute reaction. The SHC needs to monitor me in their waiting room for **30 minutes after** the injection(s). I cannot leave immediately for class. At the end of the 30 minutes, I will wait until the nurse says I may leave.
- At the end of the semester I will pay the cumulative fee.** The charge is \$5.00 for each allergy shot visit, regardless of the number of shots given that day. I understand that the SHC does NOT bill insurance.
- The SHC is not responsible** for harm to the serum during transportation or storage.
- If I violate these policies the SHC reserves the right to discontinue this service.**

I have read the Health Center's instructions and guidelines for participation in the UMW SHC Allergy Shot Clinic. I have been given the opportunity to ask questions and I understand this information.

_____ Student printed name	_____ Signature	_____ Date
_____ Witness printed name	_____ Signature	_____ Date