

## 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.
6. **Signed Referring Allergist Agreement Form – must be done annually**

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. You must establish care with a UMWSHC clinician before receiving your first allergy injection. You may schedule an appointment for this by calling 540-654-1040.

### *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, Zyrtec, Allegra, or Claritin), apply ice and over the counter hydrocortisone cream, record the size and duration of the reaction, and return to the SHC during normal business hours. If your symptoms continue or worsen: use your Epi-pen as directed by your allergist, go directly to the nearest Emergency Room, and **in case of severe reaction, call 911.**

Avoid vigorous exercise (workouts) for 1 hour before and 2-4 hours after allergy injections. Wait 48 hours 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. We will be happy to assist in re-ordering serum by faxing the appropriate forms to your allergist, but it is your responsibility to call your allergist's office to schedule a pick up time for the new serum. **The initial injection from new vials must be given at an allergist's office.** We can provide you with a list of local allergists if you are unable to see your allergist while at school. Since we do not recommend mailing serum, 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 each injection, billed to your Student Account. You can be given a statement to submit to your insurance at the end of the semester. The SHC does not file any insurance claims.