ALLERGY CLINIC

STUDENT INSTRUCTIONS AND RESPONSIBILITIES

1. You must establish care with a UHS clinician before receiving your first allergy injection. You can make an appointment with a UHS clinician online at www.studentaffairs.psu.edu/health or by calling 814-863-0774.

   UHS Hours – Monday, Tuesday, Thursday, Friday
   Wednesday
   8 AM – 5 PM
   9 AM – 5 PM

2. You must check in through the kiosk every time you visit the Allergy Clinic. You must provide photo ID. The nurse in the Allergy Clinic will review the medical record.

3. We will not administer injections from inadequately labeled vials or if physician instructions are missing or incomplete. This includes concentration, vial contents, frequency of injections, expiration date of serum, and late or missed injection directions.

4. The student is responsible for reading and understanding the Allergy Desensitization Instruction sheet. The nursing staff is happy to answer your questions.

5. Keep your extracts refrigerated as continuously as possible.

6. Take a copy of your injection instructions and record sheet with you when receiving injections elsewhere. It is your responsibility to ensure that the health professional who administers your injections records the appropriate information accurately. This includes date, dosage, site, reaction, and signature. This prevents delays or setbacks in receiving your next injection when you return to University Health Services. UHS can fax your current allergy record sheet to your allergist. You are responsible for following up with your allergist regarding new serum orders.

7. Remember to inform the nurse:
   A. if you had a delayed reaction to your allergy injection.
   B. if you are presently ill or have seen a clinician within the past week.
   C. of any new medications.
   D. of any new or increased allergy symptoms.

8. Any new orders must be faxed to 814-863-3511. No verbal orders from allergist will be accepted.

9. New serum may be shipped directly to:
   University Health Services
   Attn: Allergy Clinic
   351 Student Health Center
   University Park, PA 16802

   We will not accept allergy extracts on Sundays or holidays.

10. You will be notified by secure message when your new allergy serum has arrived at the UHS Allergy Clinic.

11. If serum is taken by the student to receive an injection over a break, student must return with injections documented by the allergy office.

12. If you allergist requires a peak flow, please bring your own peak flow monitor. UHS does offer peak flows for sale if needed.
ALLERGY DESENSITIZATION INSTRUCTIONS

1. Avoid rubbing or scratching the arms after injections.

2. Avoid vigorous exercise after injections, such as jogging, vigorous walking, gym workouts, etc., for 2 – 4 hours.

3. Bring an antihistamine medication (as recommended by your allergist) with you when coming for an injection as a safety precaution (see #7).

4. You MUST have injection sites checked by a nurse, 30 minutes after injection. There are no exceptions to this policy. You must remain inside the Student Health Center during your 30 minute wait.

5. While waiting to have the injection checked, notify the nurse if you experience any of the following:
   - runny nose
   - itching
   - shortness of breath
   - nasal congestion
   - wheezing
   - flushing
   - facial swelling
   - sneezing
   - coughing
   - hives
   - anxiety
   - “pins & needles” sensations of the skin

6. Although you may not experience any local reaction within the 30 minutes after the injection, it is possible to react later in the day. If a local reaction occurs:
   - Take an antihistamine.
   - Apply ice and over the counter hydrocortisone cream.
   - Record the time and size of the reaction and how long it lasts. Report this to the nurse BEFORE receiving additional injections.

   If your symptoms continue or worsen:
   - Epi-pen, use as directed by your allergist
   - Over the counter oral Benadryl as directed on the label
   - Call 911, or go directly to Mount Nittany Medical Center (1350 E. Park Ave, State College, PA)

7. Allergy injections will never be given without a physician’s presence in the facility. This is for your safety.

8. Certain prescription medications for eye problems, headaches, depression and blood pressure problems contain Beta Blockers, MAO Inhibitors or ACE Inhibitors. These medications can increase the sensitivity to allergens and also potentiate anaphylaxis. If you have been prescribed any such medication, it is IMPERATIVE you inform the nurse BEFORE RECEIVING ANY ALLERGY INJECTIONS.

9. If you become pregnant, please inform the allergy nurse prior to your next allergy injections. Also notify your allergist office immediately.

10. If you discontinue the treatment or fail to appear for treatment for a period of sixty days, no injections will be given. You will be responsible for taking your extract and written orders back to your allergist.