

Allergy Drops Information

Congratulations on your choice to start *Allergy Drops Therapy!*

Your drops are customized just for you using your allergy test results. Follow these instructions to maximize the benefits of your Allergy Drops:

Consistency:

- Take 1 dose under the tongue **one** time per day, every day. Hold the drops under your tongue for 2 minutes, then swallow. Do not eat or drink for 10 minutes before or after taking allergy drops.
- Allergy Drops work best if taken every day.

Relief:

- Many patients notice fewer allergy symptoms within a few weeks. However, it may take **up to one year** before you begin to experience relief.
- Once the 4-year treatment course is finished, you can expect long-term, even life-long reduction of your allergy symptoms.
- Even if you experience relief quickly, it is important to finish the full treatment course. If the drops are stopped too early, symptoms may come back. If you complete the full course of treatment, you're much more likely to experience long-term symptom relief.

Side Effects:

Thankfully, side-effects from Allergy Drops are rare. However, sometimes the following mild reactions occur:

- Mild increase in allergy symptoms
- Stomach ache
- Irritation under the tongue

These symptoms usually go away within thirty minutes after the drops are taken. All side-effects usually completely resolve within 1 week of starting the drops. If side effects seem more severe or last longer than 2 weeks, please contact Allergy Solutions right away. In the unlikely event that you have a severe reaction to Allergy Drops, call 911 or go to the nearest hospital emergency room right away.

Auto Refill: Sign up for the **auto-refill** program to receive your drops automatically every 3 months.

Follow up: Be sure to schedule follow up visits with your doctor.

Allergy Drops Frequently Asked Questions

- **When can I expect to feel relief from my allergies using Allergy Drops?** Often, symptoms decrease within a few weeks after starting Allergy Drops. However, it may take up to one year before you'll notice improvement. Remember, consistency is the key to your Allergy Drops success!
- **What do I do if a new bottle arrives, but the older bottle isn't empty yet?** To make sure you don't run out of drops, each bottle of drops contains more than a 3-month supply. So, your bottle will still have some drops in it at the 3-month mark. Start using the new bottle right away when it arrives and discard the older bottle.
- **What's in my Allergy Drops?** Your Allergy Drops are customized for you based on your allergy test results. The drops contain only the actual allergens extracted from the source along with a glycerin-saline solution. Glycerin is a complex sugar that gives the drops a sweet taste. It also stabilizes the allergens in your drops and ensures their effectiveness. The drops contain no phenol or other toxins.
- **How well do Allergy Drops work?** Our goal is 80% reduction in your allergy symptoms. While some patients experience 100% allergy relief, most patients still experience some allergy symptoms. However, during and after treatment with allergy drops, allergy symptoms are usually much-less intense and shorter-lived than before treatment with Allergy Drops.
- **Will my health insurance cover the cost of Allergy Drops?** Unfortunately, most insurance plans do not pay for Allergy Drops at this time. However, there is still substantial cost savings with Allergy Drops compared to allergy shots. Very few office visits are required with Allergy Drops, which means huge cost savings on insurance co-pays.
- **What if I miss a dose of Allergy Drops?** If a dose is missed, just resume taking one dose per day the following day. If Allergy Drops aren't taken for over 2 weeks, call your doctor before resuming the drops.
- **Can I take allergy medications while I'm taking Allergy Drops?** Yes! Allergy medications do not interfere with Allergy Drops. In fact, allergy medications are often used in the early stages of Allergy Drops. However, your need for allergy medications should decrease during your Allergy Drops treatment course.
- **Can children use Allergy Drops?** Yes! Allergy Drops are safe and effective for both children and adults.

These are some of the most common questions that we receive. However, we welcome any and all questions that you might have about your Allergy Drops.