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### **Once-Per-Day Allergy Drops Instructions:**

**Instructions:** Place the correct number of drops under your tongue and hold the drops under your tongue for 2 minutes, then swallow. Do this **once** per day.

If you experience any negative side effects, like mouth itching or an uncomfortable increase in allergy symptoms, call our office right away: 720-401-2139. Severe reactions to allergy drops are extremely rare. However, if you do have any difficulty breathing, or swelling around the throat, mouth or lips, stop taking the drops and call 911 or go to the nearest hospital emergency department immediately.

**Bottle #1: Green Label**      **Date Started:** \_\_\_\_\_

Week 1: Place 1 drop under the tongue daily for 7 days. Hold under the tongue for 2 minutes, then swallow.

Week 2: Place 2 drops under the tongue daily for 7 days, hold under the tongue for 2 minutes, then swallow.

Week 3: Place 3 drops under the tongue daily for 7 days, hold under the tongue for 2 minutes, then swallow.

**Discard the bottle after week 3 has been completed.**

**Bottle #2: Yellow Label**      **Date Started:** \_\_\_\_\_

Week 1: Place 1 drop under the tongue daily for 7 days, hold under the tongue for 2 minutes, then swallow.

Week 2: Place 2 drops under the tongue daily for 7 days, hold under the tongue for 2 minutes, then swallow.

Week 3: Place 3 drops under the tongue daily for 7 days, hold under the tongue for 2 minutes, then swallow.

**Discard the bottle after week 3 has been completed.**

**Bottle #3: Orange Label**      **Date Started:** \_\_\_\_\_

Week 1: Place 1 drop under the tongue daily for 7 days, hold under the tongue for 2 minutes, then swallow.

Week 2: Place 2 drops under the tongue daily for 7 days, hold under the tongue for 2 minutes, then swallow.

Week 3: Place 3 drops under the tongue daily for 7 days, hold under the tongue for 2 minutes, then swallow.

**Discard the bottle after week 3 has been completed.**

**Bottle #4: Red Label**      **Date Started:** \_\_\_\_\_

Week 1: Place 1 drop under the tongue daily for 7 days, hold under the tongue for 2 minutes, then swallow.

Week 2: Place 2 drops under the tongue daily for 7 days, hold under the tongue for 2 minutes, then swallow.

Week 3: Place 3 drops under the tongue daily for 7 days, hold under the tongue for 2 minutes, then swallow.

**Continue taking drops from bottle #4 until you receive the next bottle.**

Record the start date for each bottle. Bring this sheet with you to your follow-up visit.

Call Peak ENT and Voice Center with any questions or concerns: 720-401-2139.