

ALLERGY IMMUNOTHERAPY PROGRAM

REQUIREMENTS AND EXPECTATIONS

- **ALLERGY SERUM:** Your positive inhalants will be mixed into 1, 2, or 3 treatment vials. Molds and yeasts are mixed into a separate vial as it has been shown that these antigens decrease the potency of pollens. Your allergy serum will be mixed based off of your positive endpoints that were established during testing.
- **VIAL TEST:** Vial tests will be performed at every start of a new treatment vial. This test is another safety measure to assure that your allergy serum has been mixed within a tolerable level of reactivity. During a vial test, a small amount (.01cc) will be intradermally injected under your skin. If after 10 minutes you produce a reaction that is greater than expected, your vial will then be diluted and another vial test will be done. For your safety a physician is always present in our office when administering allergy shots or vial tests. When your allergy serum expires (every 12 weeks), the allergy staff will consider your tolerance and reactions to therapy, and increase the concentration of allergens in your vial(s) if warranted. You must notify the allergy department if you do NOT want any new treatment vials mixed at least one week before your expiration date. You will be responsible for the cost of any vials prepared.

- **ALLERGY SHOTS**: Weekly injections may be scheduled at the Rocky Mountain Allergy Center or at a clinic closer to you. If you decide that it is more convenient to receive your injections at another facility, we require that a Physician, PA, or APRN, must be present in case of a severe allergic reaction and must have the appropriate medications to treat an anaphylactic emergency. All patients are required to remain in the office for 20 minutes after their allergy injections due to the possibility of severe allergic reaction. THERE ARE NO EXCEPTIONS TO THIS RULE.
- **SUBLINGUAL DROPS**: Sublingual Drops are also offered at Rocky Mountain Allergy Center. This method of desensitization is beneficial for those individuals who find it difficult to commit to the allergy shot program or have problems tolerating allergy injections. The drops are administered on a daily basis and compliance is necessary to achieve optimal symptom control. If you are interested in pursuing Sublingual Drops as a treatment option, please ask a member of the allergy staff for additional information.

Rocky Mountain Allergy Center

Allergy Shots Immunotherapy

Immunotherapy commonly referred to as "allergy shots" is a program designed to desensitize you to those substances to which you are allergic. Repeated injections of a sterile mixture, allows your immune system to build up protection. The antigens used for treatment are merely the substances that are causing the allergic reactions and not foreign material. The offending antigens are being presented to the immune system repeatedly in a way that the immune system is able to adjust to the exposure and build up protection instead of producing an adverse reaction.

After several months of weekly injections of increasingly stronger doses, you will reach a maintenance dose and continue to receive that dose at regular intervals. The size of the doses and length of intervals between doses depends greatly on your response to the injections. The average length of the immunotherapy program is 3 to 5 years depending on the severity of the allergies.

Most insurance companies cover allergy shots. You will need to contact your insurance company to find out coverage. Our office will bill your insurance. Each patient's individual allergy serum vials are mixed every 10 to 12 weeks. The insurance ICD-10 code for the serum is 95165 and cost is \$324.00 per vial.

Weekly shots are billed as followed: 1 shot, ICD-10 code 95115 for \$26.00, 2 or more shots, ICD-10 code 95117 for \$34.00.

If you are interested in allergy immunotherapy shots and would like more information, please contact our allergy department.

Jodie Ferro, AT
Kari Farro, CMA
(406)541-3878
(800)255-8698

Rocky Mountain Allergy Center

SUBLINGUAL ALLERGY DROPS

Allergy drops have been used around the world for more than 60 years and many studies show that allergy drops are safe and effective. Allergy drop treatment works similar to shots by delivering a slowly increasing dose of antigens that over time builds the body's tolerance. The difference is that the drops are placed under the tongue and affect the immune system through very specialized cells found under the tongue. Research shows these cells are a friendly and effective route for long-term desensitization making it an ideal option for patients who aren't candidates for shots. After a brief build up period most patients take allergy drops each day for three to five years. Patients administer the drops themselves. The antigens are the same FDA approved antigens used for injections, however the FDA has not yet approved them for the oral sublingual route.

Each patient's allergy serum is mixed in our office and lasts approximately 16-20 weeks depending on the individual treatment plan. The initial start-up cost is \$200.00 and all refills will be \$150.00. If two vials are required in the treatment plan, the cost for the second vial is \$75.00. Most insurance companies still do not cover the cost of sublingual allergy drops and payment is expected at the time of service.

If you are interested in sublingual allergy drops and would like more information, please contact our allergy department.

Jodie Ferro, AT
Kari Farro, CMA
(406)541-3879
(800)255-8698