

# Injectable Allergy Treatment Notebook & Schedule



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## INJECTABLE IMMUNOTHERAPY TREATMENT SET AND SUGGESTED DOSAGE SCHEDULE

Pet's Name: \_\_\_\_\_

Owner's Name: \_\_\_\_\_

Veterinarian Contact Information: \_\_\_\_\_

Emergency Contact Information: \_\_\_\_\_

Treatment Set(s) Start Date \_\_\_\_\_

Date ordered refill(s) #1 \_\_\_\_\_

Date ordered refill(s) #2 \_\_\_\_\_

Date ordered refill(s) #3 \_\_\_\_\_

Date ordered refill(s) #4 \_\_\_\_\_

Date ordered refill(s) #5 \_\_\_\_\_

Date ordered refill(s) #6 \_\_\_\_\_

\* **Note:** Immunotherapy treatment vials are supplied according to the allergy test results with up to fifteen allergens in each Set. Two Sets are supplied when needed. If you receive "two" Sets for your pet, they should be administered concurrently at different sites.

This Pet Preferred Diagnostic's Allergy Treatment Notebook contains:

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(for one Set or double Set)	
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(for one Set or double Set)	
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# Injectable Allergy Treatment Notebook & Schedule

## For Immunotherapy Record Keeping And Recording of Your Pet's Progress.

*(Please read carefully before you begin immunotherapy injections)*

1. Your injectable subcutaneous immunotherapy treatment (SCIT) set consists of 3 vials: the Starter Dose vial "A" (Green; 1:720 w/v); Vial "B" (Blue; 1:180 w/v) and Vial "C" (Red; 1:60 w/v). All three vials are good for approximately 9.5 months. You will use the Starter Dose vial (vial "A" for the first 20 days, followed by the Maintenance Dose vials (Blue and Red) according to the schedule below.
2. At the discretion of the veterinarian, a responsible pet owner may administer the injections. This injection schedule is only a guideline. Some pets may require modifications to the schedule to suit their individual needs. Your veterinarian's injection directions should be followed precisely to insure your pet's safety and comfort.
3. Although refrigeration is not required for shipping, immunotherapy vials should be refrigerated when they arrive. **DO NOT FREEZE.**
4. Injections are administered subcutaneously (under the skin) using sterile needles and syringes. **NEVER INJECT INTRAVENOUSLY.** Before injecting, swab the top of the vial with cotton and alcohol, then using a new needle and syringe, withdraw the desired amount from the vial. Lift or "tent" the skin over either the hip or shoulder region of your pet. Insert needle into skin using care not to penetrate the opposite side of skin. Once the needle is inserted, withdraw the plunger slightly. If no blood appears, administer the injection and withdraw the needle. If blood appears in syringe, reinsert in another site. Dispose of the needle and syringe appropriately.
5. Animals should be observed for 30 minutes following injections for possible reactions. Minor reactions to the immunotherapy injection may occur but are no need for alarm. Signs of such reactions may be increased itching, vomiting, diarrhea, and hives and may occur for up to 24 hours. In the event of one or more of these symptoms occurring, temporarily stop injections. **DO NOT DISCONTINUE ITS USE ENTIRELY.** Call your veterinarian as soon as possible. Your veterinarian may call Pet Preferred Diagnostics for a schedule adjustment. (In most cases a slight schedule adjustment is all that is necessary to continue successful treatment). Look for the maximum tolerated dosage that will not cause a reaction to your pet. Do not continue to increase the dose when the pet shows an adverse reaction.
6. When possible, the animal should be taken off steroids throughout the entire period of immunotherapy. The most critical period of steroid withdrawal is during vial "A" (the weakest vial of a treatment set). If this is not possible, the lowest possible dose of an oral steroid should be used.
7. **Pet owners:** For best results, adhere to the recommended schedule as closely as possible. Immunotherapy may be required for the rest of the animal's life.
8. When administering a two-vial treatment set or a two-vial refill set, an injection should be given from each vial concurrently at different sites.

# Injectable Allergy Treatment Notebook & Schedule

## ALLERGENIC EXTRACT Suggested Dosage Schedule Initial Treatment Schedule

	DAY	DOSAGE	DATE 1st Set	DATE 2nd Set*	OBSERVATIONS / NOTES
<b>Vial "A" (Green)</b>	1	0.1 ml			
(1-720 w/v)	3	0.2 ml			
	5	0.4 ml			
	7	0.6 ml			
	9	0.8 ml			
	11	1.0 ml			
	13	1.0 ml			
	15	1.0 ml			
	20	1.0 ml			
<b>Vial "B" (Blue)</b>	25	0.1 ml			
(1-180 w/v)	29	0.2 ml			
	34	0.4 ml			
	40	0.6 ml			
	47	0.8 ml			
	57	1.0 ml			
	67	1.0 ml			
	77	1.0 ml			
	87	1.0 ml			
<b>Vial "C" (Red)</b>	97	0.1 ml			
(1-60 w/v)	112 (15 days)	0.2 ml			
	133 (21 days)	0.4 ml			
	163 (30 days)	0.6 ml			
	193 (30 days)	0.8 ml			
** Order Maint. Refill	223 (30 days)	1.0 ml			
	253 (30 days)	1.0 ml			
	283 (30 days)	1.0 ml			

\* If applicable.

\*\* Be sure to reorder the maintenance vial(s) at least 1 month prior to finishing vial "C."

***Clients/Owners administering injections need to contact their Veterinarian to re-order vials and get answers to their questions.***

# Injectable Allergy Treatment Notebook & Schedule

## ALLERGENIC EXTRACT Suggested Dosage Schedule Maintenance Refill Schedule

The dosage and frequency of maintenance injections depend on the progress of controlling the symptoms. The first injection from a new refill vial is 0.1 ml. The maintenance dose is the amount and frequency given that controls symptoms, typically 0.5 ml to 1.0 ml of 1-60 w/v. Never administer a dose that exceeds 1.0 ml. Maintenance doses are given monthly all year long with shot frequency adjustments made during the peak of the allergy season.

### Refill(s) #1

#### 15 Days After Last Shot

	DAY	DOSAGE	DATE 1st vial	DATE 2nd vial*	OBSERVATIONS / NOTES
Vial "C" (Red) (1-60 w/v)	1	0.1 ml			
	8	0.5 ml			
	15	1.0 ml			
	45	1.0 ml			
	Monthly	1.0 ml			
	Monthly	1.0 ml			
	Monthly	1.0 ml			
** Re-order Maintenance Vials	Monthly	1.0 ml			
	Monthly	1.0 ml			

\* If applicable.

\*\* Be sure to reorder the maintenance vial(s) at least 1 month prior to finishing vial "C."

***Clients/Owners administering injections need to contact their Veterinarian to re-order vials and get answers to their questions.***

# Injectable Allergy Treatment Notebook & Schedule

## ALLERGENIC EXTRACT Suggested Dosage Schedule Maintenance Refill Schedule

The dosage and frequency of maintenance injections depend on the progress of controlling the symptoms. The first injection from a new refill vial is 0.1 ml. The maintenance dose is the amount and frequency given that controls symptoms, typically 0.5 ml to 1.0 ml of 1-60 w/v. Never administer a dose that exceeds 1.0 ml. Maintenance doses are given monthly all year long with shot frequency adjustments made during the peak of the allergy season.

### Refill(s) #2

#### 15 Days After Last Shot

	DAY	DOSAGE	DATE 1st vial	DATE 2nd vial*	OBSERVATIONS / NOTES
<b>Vial "C" (Red)</b> (1-60 w/v)	1	0.1 ml			
	8	0.5 ml			
	15	1.0 ml			
	45	1.0 ml			
	Monthly	1.0 ml			
	Monthly	1.0 ml			
	Monthly	1.0 ml			
<b>** Re-order Maintenance Vials</b>	Monthly	1.0 ml			
	Monthly	1.0 ml			

\* If applicable.

\*\* Be sure to reorder the maintenance vial(s) at least 1 month prior to finishing vial "C."

***Clients/Owners administering injections need to contact their Veterinarian to re-order vials and get answers to their questions.***

# Injectable Allergy Treatment Notebook & Schedule

## ALLERGENIC EXTRACT Suggested Dosage Schedule Maintenance Refill Schedule

The dosage and frequency of maintenance injections depend on the progress of controlling the symptoms. The first injection from a new refill vial is 0.1 ml. The maintenance dose is the amount and frequency given that controls symptoms, typically 0.5 ml to 1.0 ml of 1-60 w/v. Never administer a dose that exceeds 1.0 ml. Maintenance doses are given monthly all year long with shot frequency adjustments made during the peak of the allergy season.

### Refill(s) #3

#### 15 Days After Last Shot

	DAY	DOSAGE	DATE 1st vial	DATE 2nd vial*	OBSERVATIONS / NOTES
Vial "C" (Red) (1-60 w/v)	1	0.1 ml			
	8	0.5 ml			
	15	1.0 ml			
	45	1.0 ml			
	Monthly	1.0 ml			
	Monthly	1.0 ml			
	Monthly	1.0 ml			
** Re-order Maintenance Vials	Monthly	1.0 ml			
	Monthly	1.0 ml			

\* If applicable.

\*\* Be sure to reorder the maintenance vial(s) at least 1 month prior to finishing vial "C."

***Clients/Owners administering injections need to contact their Veterinarian to re-order vials and get answers to their questions.***

# Injectable Allergy Treatment Notebook & Schedule

## ALLERGENIC EXTRACT Suggested Dosage Schedule Maintenance Refill Schedule

The dosage and frequency of maintenance injections depend on the progress of controlling the symptoms. The first injection from a new refill vial is 0.1 ml. The maintenance dose is the amount and frequency given that controls symptoms, typically 0.5 ml to 1.0 ml of 1-60 w/v. Never administer a dose that exceeds 1.0 ml. Maintenance doses are given monthly all year long with shot frequency adjustments made during the peak of the allergy season.

### Refill(s) #4

#### 15 Days After Last Shot

	DAY	DOSAGE	DATE 1st vial	DATE 2nd vial*	OBSERVATIONS / NOTES
Vial "C" (Red) (1-60 w/v)	1	0.1 ml			
	8	0.5 ml			
	15	1.0 ml			
	45	1.0 ml			
	Monthly	1.0 ml			
	Monthly	1.0 ml			
	Monthly	1.0 ml			
** Re-order Maintenance Vials	Monthly	1.0 ml			
	Monthly	1.0 ml			

\* If applicable.

\*\* Be sure to reorder the maintenance vial(s) at least 1 month prior to finishing vial "C."

***Clients/Owners administering injections need to contact their Veterinarian to re-order vials and get answers to their questions.***

# Injectable Allergy Treatment Notebook & Schedule

## ALLERGENIC EXTRACT Suggested Dosage Schedule Maintenance Refill Schedule

The dosage and frequency of maintenance injections depend on the progress of controlling the symptoms. The first injection from a new refill vial is 0.1 ml. The maintenance dose is the amount and frequency given that controls symptoms, typically 0.5 ml to 1.0 ml of 1-60 w/v. Never administer a dose that exceeds 1.0 ml. Maintenance doses are given monthly all year long with shot frequency adjustments made during the peak of the allergy season.

### Refill(s) #5

#### 15 Days After Last Shot

	DAY	DOSAGE	DATE 1st vial	DATE 2nd vial*	OBSERVATIONS / NOTES
Vial "C" (Red) (1-60 w/v)	1	0.1 ml			
	8	0.5 ml			
	15	1.0 ml			
	45	1.0 ml			
	Monthly	1.0 ml			
	Monthly	1.0 ml			
	Monthly	1.0 ml			
** Re-order Maintenance Vials	Monthly	1.0 ml			
	Monthly	1.0 ml			

\* If applicable.

\*\* Be sure to reorder the maintenance vial(s) at least 1 month prior to finishing vial "C."

***Clients/Owners administering injections need to contact their Veterinarian to re-order vials and get answers to their questions.***



# Injectable Allergy Treatment Notebook & Schedule

## ALLERGENIC EXTRACT Suggested Dosage Schedule Maintenance Refill Schedule

The dosage and frequency of maintenance injections depend on the progress of controlling the symptoms. The first injection from a new refill vial is 0.1 ml. The maintenance dose is the amount and frequency given that controls symptoms, typically 0.5 ml to 1.0 ml of 1-60 w/v. Never administer a dose that exceeds 1.0 ml. Maintenance doses are given monthly all year long with shot frequency adjustments made during the peak of the allergy season.

### Refill(s) #6

#### 15 Days After Last Shot

	DAY	DOSAGE	DATE 1st vial	DATE 2nd vial*	OBSERVATIONS / NOTES
Vial "C" (Red) (1-60 w/v)	1	0.1 ml			
	8	0.5 ml			
	15	1.0 ml			
	45	1.0 ml			
	Monthly	1.0 ml			
	Monthly	1.0 ml			
	Monthly	1.0 ml			
** Re-order Maintenance Vials	Monthly	1.0 ml			
	Monthly	1.0 ml			

\* If applicable.

\*\* Be sure to reorder the maintenance vial(s) at least 1 month prior to finishing vial "C."

***Clients/Owners administering injections need to contact their Veterinarian to re-order vials and get answers to their questions.***

# Injectable Allergy Treatment Notebook & Schedule

## **What causes an allergy?**

Allergies are caused by certain common substances in the environment known as "allergens." These allergens include the pollens of various grasses, weeds, trees, mold spores, house dust, dust mites, and a variety of other substances including foods. Exposure to an allergen can be from inhalation, skin contact, or ingestion. Once your pet is exposed to an offending allergen, sensitivity is established. Afterwards, every time your pet is exposed to the same allergen, an allergic reaction may occur.

## **How do pets show allergic symptoms?**

Symptoms can be highly variable. Some of the symptoms associated with pet allergy include itchy feet, itchy ears, inflammation of the skin, persistent scratching, chewing and face rubbing. Some pets lose hair and may experience a rash that can lead to secondary skin infections.

## **How can I tell if my pet is allergic?**

Your veterinarian can conduct an examination to determine whether your pet may be reacting to environmental allergens. Such an examination may include a physical examination and questions about your pet's history, environment, and symptoms. Based on this information, your veterinarian may conclude that your pet is allergic.

## **Once the allergy diagnosis is made, what is the next step?**

The next step is to identify as accurately as possible the environmental allergens that may be causing the problem. Your veterinarian can submit a blood sample to Pet Preferred Diagnostics that will provide the information. A wide variety of tree, grass, and weed pollens from the area where your pet lives can be tested. In addition, mold spores, house dust, and house dust mites can be tested as well as many of the foods in the diet. Taking into account the results of these tests, a treatment plan can be developed.

## **What is the best course of therapy for my pet?**

Your veterinarian is best qualified to discuss treatment options once it is determined that your pet is allergic. Avoidance of the allergens is always preferred but may not be practical. Relief medications including steroids and antihistamines may temporarily alleviate symptoms but are not recommended for prolonged use. Hyposensitization (immunotherapy) is a time proven and safe approach to controlling your pet's allergies.

## **What is hyposensitization?**

Your veterinarian may recommend hyposensitization (also referred to as immunotherapy or "allergy shots"). Once your pet's allergies are identified, a mixture of specifically prescribed allergens is formulated. This "allergy extract" is made up of the offending allergens (except foods) and is given in small doses that are gradually increased over time. The extract reduces the sensitivity of the pet to those allergens. In this manner, allergic symptoms are controlled without the undesirable effects of corticosteroids and similar drugs.

## **Are the injections shots (injections) painful to my pet?**

Allergy shots should not be painful as the tissue under the skin is not very sensitive. Yet it may be necessary for someone to hold your pet while you administer the shot.

## **How effective is this form of treatment?**

Clinical studies have shown that immunotherapy desensitization is highly effective in controlling symptoms of allergy. Success rates up to 60-75% have been reported.

# Injectable Allergy Treatment Notebook & Schedule

## **When will my pet improve?**

Pets progress at different rates. It appears that some animals will respond very quickly while others show little improvement by nine to twelve months. Since response time cannot be determined before treatment begins, allergy injections should be continued for at least one year before concluding they are ineffective.

## **How long will my pet need allergy injections?**

Allergies can last throughout the lifetime of your pet. It is important to understand that allergies may never be cured, but they can be controlled. As long as symptoms persist, injections may be necessary.

## **Are there any dangers involved?**

Adverse reactions to allergenic extracts are extremely rare but may occur during the initial phase of immunotherapy. Usually, a simple adjustment to the dosage schedule is required. A reaction indicates the dose was too strong and requires a cut back. You should return to the dose that did not induce a reaction. Contact your veterinarian before your pet's next injection.

## **What about food allergies?**

Since dogs and cats cannot be hyposensitized to foods, the best way to manage food allergies is avoidance. Pet Preferred Diagnostics can provide your veterinarian a computerized list of commercially available foods that would be appropriate for your pet.

## **What if my pet goes untreated?**

The uncomfortable itchy skin that your pet will experience can lead to a secondary skin infection that may cause severe dermatological trauma. Your pet may experience a rash and hair loss due to self-trauma brought on by scratching, rubbing, licking, and chewing. These symptoms will remain if untreated and will worsen as your pet ages.

## **How can I help the doctor?**

Your role in the diagnosis and treatment of allergic disorders is essential. Your doctor will need a complete history of your pet's problems. This will include an environmental analysis of indoor/outdoor inhalant allergens along with analysis of your pet's diet. It is important to determine what triggers your pet's sensitivity and how much exposure to allergens your pet may be experiencing. Your personal observation of your pet will help the veterinarian correlate your symptoms with a diagnosis. The treatment vials contain a combination of these problem allergens. By injecting your pet with larger doses of these allergens, over time your pet's immune system will gradually become less sensitive.

## **Besides immunotherapy, what else can I do to make my pet more comfortable?**

By controlling your pet's environment, you can ease the effects of allergies. Frequent dusting and vacuuming will lower allergen levels in the home. Air conditioning and air filtration systems are quite effective. A dehumidifier can lessen the growth of molds and mites during humid weather.

## **What should I do if I miss a dosage?**

The enclosed injection schedules are only a guideline. Still, they generally work well for most animals even if a shot is given a few days early or a few days late. Do not give an allergy injection if more than 21 days have elapsed since the last recommended injection date because your pet may experience possible reactions. Contact your veterinarian.

# Injectable Allergy Treatment Notebook & Schedule

**Most of the year, our pet does very well on allergy shots and is relatively symptom free. However, there are certain times of the year when there is a “breakthrough” and symptoms return. Why?**

Repeated studies have shown that if your pet is exhibiting improvement with allergy shots, it is likely that your dosage schedule has reached its highest tolerated dose. But watch out for “breakthroughs.” Although infrequent, your pet may return to its allergic symptoms one or more times throughout the year. For example, if your pet is allergic to summer or fall weeds and its allergy symptoms return that time of year, it may well be that your pet is being overexposed to the offending allergen from the combination of the outdoor weed and the scheduled allergy shot. Obviously, it is easier to control the amount of allergen received in the shot than plant avoidance. The injection dosage is often reduced and may remain reduced until well into winter. When cold weather removes allergens from the environment, the dosage may be increased to again achieve the highest tolerated dose. Symptomatic breakthroughs can occur at various times of the year and may well be related to environmental changes that have occurred.

## **When should I order a refill/maintenance vial?**

Your pet’s prescription is individualized, so please call your veterinarian at least one month in advance of the time you need the refill.

## **Guide to Proper Dosage**



