

**VIRGINIA TECH SCHIFFERT HEALTH CENTER**  
**INFORMATION ON ALLERGY INJECTIONS**  
**Allergy Clinic – (540) 231-7621**  
**Fax: (540) 231-9383 ATTN: Allergy Clinic**

The Virginia Tech Schiffert Health Center (SHC) has established certain standards and requirements for your desensitization. An injection into allergic individuals is not without potential hazard. Obviously, your complete cooperation is essential. **If you are unable to comply with our policies you will be asked to seek your injections from a private physician at your own expense.**

1. All allergy vials must be labeled from your allergist and accompanied with written instructions. **New vials must have new instructions.** Give the new instructions to the receptionist to copy.
2. **You are responsible for knowing when new vials need to be ordered and the expiration date of your vials. Vials cannot be used once they have expired.** Expired vials will be discarded. Reorder requests may be faxed to your allergist at your request - with your signature on the form. Some allergists require a copy of your current insurance card. Vials may be shipped to SHC. Your allergist may charge for this service.
3. **You are responsible for taking vials and instructions home** during the summer and over breaks. Any allergy vials not used during the semester will be discarded.
4. Allergy Injections are by appointment. You may schedule an appointment on-line or by calling the Allergy Clinic.  
There is a \$25.00 No Show fee for missed appointments  
Always allow an hour to get your injection.  
Your first visit to the Allergy Clinic must be scheduled by phone.  
During breaks and summers, hours are subject to change and will be posted
5. **You must wait 20 minutes** and have your arm checked before leaving the building. A 30 minute wait is required if your physician recommends it or for safety following a systemic reaction.
6. **Strenuous exercise** should be avoided 1 hour before and 3-4 hours after the injection to help prevent reactions.
7. **REACTIONS:** Most severe reactions occur within 30 minutes. If you notice any problem, notify the receptionist immediately or knock on the nurse's door. Less frequent reactions are delayed. If you notice any symptoms of reaction after leaving SHC, take antihistamines as prescribed by your allergist and return to Schiffert Health Center immediately if during 8-5 Medical Clinic office hours. If you have a severe reaction or it is after hours, go to the Lewis-Gale Montgomery Regional Hospital Emergency Department. Call 911 for the Rescue Squad if needed.

**Do not attempt to drive yourself with symptoms of a systemic reaction!**

**SEVERE:** wheezing, cough, shortness of breath, abnormal heartbeat, inability to maintain blood pressure and pulse (shock), hives, generalized itching, death.

**SYSTEMIC:** Any of the above reactions. In addition, an increase in symptoms or extreme tiredness may be a systemic reaction. Please report these to the nurse.

**LOCAL:** Reaction at the site of the injection to include redness, itching, or swelling. If this reaction increases after leaving SHC, or lasts longer than 24 hours, please tell us at your next visit.

8. Do not take allergy injections if you are taking '**beta-blockers**'. This could make treatment of a systemic reaction more difficult. Beta-blockers are prescription medications. Tell any physician you see for medical treatment that you are taking allergy injections. Tell the allergy nurse when you have any changes in medication.
9. Antihistamines may alter your response to your allergy injections. If your physician requests you to take one daily or on injection days, please be consistent in taking it. Take at least 1 hour prior to the injection.
10. Illness: Wait until you are better, or call the Medical Clinic for an appointment (231-4726). This is especially important with a respiratory illness or skin rash (including sunburn).
11. Pregnancy: We require written order from your allergist to continue allergy injections during pregnancy.
12. Charges: \$8.00 for the first injection and \$3.00 for any additional injections at the same visit. Summer charges may differ. All charges are billed through Accounts Receivable and may be accessed through your 'Hokie Spa' account. For insurance purposes, you may request **itemized statements**; the receptionist will assist you in requesting this. These may be sent to you or your parents to send with your insurance claim form for reimbursement.
13. Before your injection:
  - a. Check-in for your appointment.
  - b. Have a seat in the waiting room. The nurse will call you for the injectionsAfter your injection:
  - a. Have a seat in the waiting room. Wait the required 20 or 30 minutes
  - b. After the required wait, go to the nurse or receptionist for your arm check. If you do not wait, we are under no obligation to continue giving you your injections.

**When bringing new vials, please give the forms and vials to the receptionist. Please bring the new serum in at least 24 hours before your appointment.**