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SYMPTOMS OF ALLERGY REACTIONS

Below is a list of symptoms that you should be aware of after receiving an allergy shot and/or testing.

LOCAL SKIN REACTION

May occur 20 minutes to 36 hours after a skin test or injection

- Arm redness and swelling
- Enlarged skin whealing (after testing, size greater than a half-dollar)
- Hives

*Call our office immediately and we will give you instructions

SYSTEMIC REACTIONS (ANAPHYLAXIS)

Onset usually 15-20 minutes after a skin test or injection but can occur up to 2 hours later.

Difficulty breathing, shortness of breath	Feeling of anxiety
Wheezing or high pitched breathing sounds	Heart palpitations
Coughing	Confusion
Feeling of throat closing	Chest pain
Blue skin especially nail beds/lips	Nausea and/or vomiting
Skin flushing/redness	Hives/generalized itching
Tongue, lip or throat swelling	

If any of these symptoms occur in the office, please alert staff at nurse's station or report to front desk immediately. If these symptoms occur outside the office, go to your nearest Emergency Room and then call the office.

You should keep the following items on hand at home in case you experience reactions:

- Prescription Epinephrine pen
- Benadryl
- Ice pack
- Hydrocortisone cream

*******Call immediately and we will give you instructions.**

*****Do not exercise the day you have an allergy shot, as this increases your risk of these reactions.**