

SUBLINGUAL IMMUNOTHERAPY (SLIT) INSTRUCTIONS

1. **Prime the bottle:** Press down on the pump using a quick motion until a drop is sprayed. This is only for new bottles.
2. **Taking a dose:** Deliver 1 squirt under the tongue. Hold under the tongue for at least 30 seconds. Wait at least 10 minutes after eating and be sure to rinse your mouth with water before taking dose.
3. **Starting treatment:** local reactions (mouth itching, upset stomach, worsening allergy symptoms) are uncommon, but more likely to occur at the start of treatment or with increases in dosage strength (like getting a new bottle). For this reason, we recommend that you “ramp up” your treatment gradually;
Week #1: take one squirt daily;
Week #2: take one squirt twice daily;
Week #3: take one squirt 3 times daily (for environmental allergy treatment this is the full dose).
Week #4: (for foods only): take 2 squirts 3 times daily (this is the full dose).
**Be sure to call your provider if you need assistance or advice about your treatment.
*****Please store bottle upright and keep lid tightly closed. If the bottle is stored on its side, it may leak. TRC is not liable for any leakage.**
4. **Refills:** Please be sure to reorder your drops 2-3 weeks before running out.
 - If you had any problems initiating treatment, have severe asthma or are in the midst of a troublesome allergy season, begin your next vial the same as you did the first vial.
5. **Missed Doses:** taking doses 3 times daily reduces your symptoms most rapidly. For those unable to dose 3 times daily, then you can take back-to-back doses (waiting at least 12 minutes between doses). However, don't try to “catch-up” missed doses from one day by taking more the next. If you miss a day, just restart taking 3 times daily the following day. After 2 weeks of missed doses, please call your provider for instructions on restarting.
6. **Discontinuing Treatment:** do not discontinue your allergy drops without contacting your provider. If allergy drop therapy is stopped prematurely, you may lose the benefits that you have built up. Restarting therapy often requires retesting and starting at lower doses.